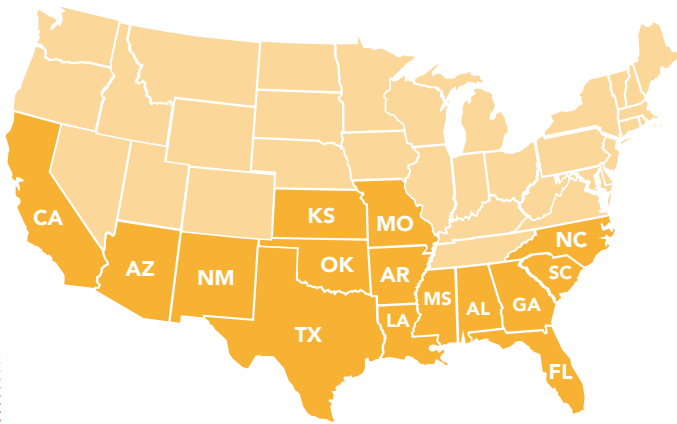


American PECANS

THE ORIGINAL SUPERNUT

PECANS, IN A NUTSHELL

Pecans are grown in
15 STATES



PECANS ARE THE ONLY MAJOR TREE NUT INDIGENOUS TO NORTH AMERICA, with a storied history among Native Americans and early settlers.

THE UNITED STATES PRODUCES MORE THAN
300 MILLION POUNDS
OF PECANS ANNUALLY, WHICH IS ABOUT
80% PERCENT OF THE WORLD'S PECAN SUPPLY.

Pecans are **available year-round** and with their naturally sweet taste and buttery texture, they're an **ideal ingredient** to add to a range of foods beyond desserts — including salads, snacks, whole grains and vegetables.

A NUTRITION POWERHOUSE

Pecans contain “good” monounsaturated fats, along with protein, fiber, essential minerals and bioactive compounds, including flavonoids and plant sterols.

PECANS ARE AMONG THE
LOWEST IN CARBS (4 GRAMS)
AND
HIGHEST IN DIETARY FIBER (3 GRAMS)
PER SERVING.

A handful of pecans —
ABOUT 19 HALVES
is a good source of **FIBER, THIAMIN,**
and **ZINC**, and an excellent source of
COPPER and **MANGANESE**.

Scientific evidence suggests (but does not prove) that eating **1.5 OUNCES PER DAY** of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol **MAY REDUCE THE RISK OF HEART DISEASE**, according to the Food and Drug Administration.*

*One serving of pecans (28g) has 18g unsaturated fat and only 2g saturated fat.





THERE'S NO "CAN'T" WHEN COOKING WITH PECANS

When buying packaged pecans, look for a **freshness date** on the label. If you can see the kernels, they should be **plump, golden brown and uniform in size**.

To protect the pecan's rich oils and buttery taste, do not store shelled pecans at room temperature. **Always keep your shelled pecans in a resealable bag or airtight container in the refrigerator or freezer.**



ABOUT THE AMERICAN PECAN COUNCIL

The **American Pecan Council** (APC), formed in 2016, is an **organization of passionate U.S. pecan growers and handlers** (processors) who are working together to build demand for the American Pecan. The APC was created as a result of the recently approved Federal Marketing Order for pecans, which uses industry funds to **help shine a spotlight on the unique health, taste and heritage story of America's native nut.**



The APC is based in **Fort Worth, Texas**, and funders include pecan handlers in the 15 pecan-producing states of the United States.



THE ORIGINAL SUPERNUT

HOMEGROWN

GROWING PECANS REQUIRES IMMENSE PATIENCE—CONSIDERING THAT IT TAKES

NEARLY 10 YEARS

BEFORE A PECAN TREE IS IN FULL PRODUCTION OF NUTS.

Fortunately, the stately pecan tree—**the largest member of the hickory family**—can produce nuts for **100 years or more**.

Pecans are harvested in the fall by literally shaking tall pecan trees, and are the only major tree nut to grow naturally in America.



As a salute to the pecan's history as an indigenous nut, many pecan varieties are named after Native Americans, such as **Cheyenne, Sioux, Apache, Osage, Pawnee, Mohawk, Kiowa and Choctaw.**

To learn more about American Pecans, including recipes, health research and how the country's native nut is grown and harvested, **visit AmericanPecan.com.**

Follow us @**AmericanPecan**

