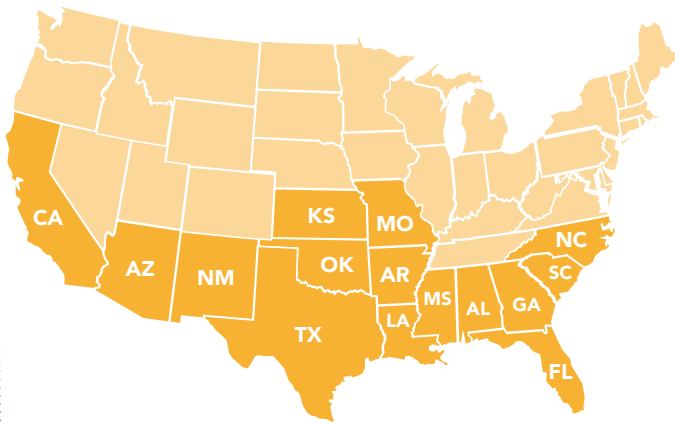


# American PECANS

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.



## 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.in](http://AmericanPecan.in).

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