

Georgia Pecans... Nature's Health Food!

Georgia is the nation's leading pecan producing state. Our pecans are harvested from October through December, but are available year-round.

Pecans have an unbeatable flavor and are packed with important nutrients. A one-ounce serving of pecans contains 196 calories, 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc. Studies suggest a serving of pecans a day may

lower "bad" cholesterol levels, decrease blood pressure and fight against prostate and breast cancer. Pecans are the top nut for antioxidants (as shown in the chart to the right)

Pecans can be enjoyed many different ways throughout the year. Perfect for holiday baking and so much more. In summer, ice cream; in fall, baked goods; in winter, confections; in spring,

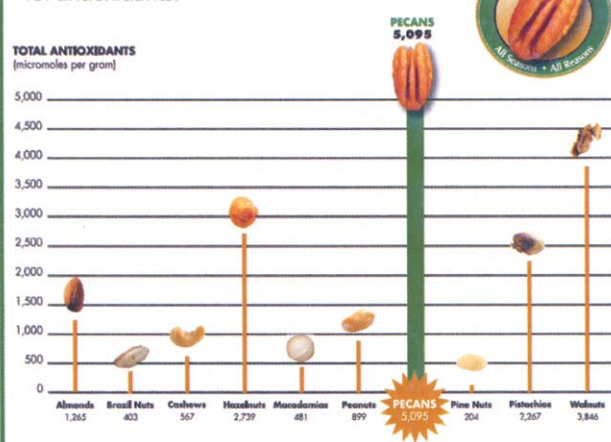
vegetables: pecans put the finishing touch on a variety of foods.

Albany and Dougherty County, has been known as the "pecan capital of the world," because of the number of pecans trees in the area. Please contact the Georgia Pecan Growers Association for additional information.



Pecans: Top Nut for Antioxidants

A USDA study finds that pecans lead the pack for antioxidants!



Source: Ronald L. Prior, Ph.D., J. Agric. Food Chem. 2004, 52, 4026-4037

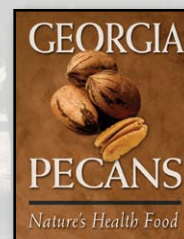


Georgia Department of Agriculture

19 Martin Luther King, Jr. Dr., S.W.

Atlanta, Georgia 30334

agr.georgia.gov



Georgia Pecan Growers Association

201 N. Central Ave, Suite E

Tifton, Georgia 31794

www.georgiapecan.org • georgiapecan@gmail.com