



# Nutrition & HEALTH BENEFITS

Pecans & Good Health

August, 2007

## NUTRITIONAL ANALYSIS OF PECANS (per 100 gram sample)

NUTRIENTS		FATTY ACID COMPOSITION	
Calories	710.0	<b>Saturated 9.6%</b>	
Calories from Fat	630.0	14:0 Myristic Acid	1.4%
Total Fat	70.0g	15:0	.3%
Saturated Fat	6.7g	16:0 Palmitic Acid	5.1%
Cholesterol	0.0	17:0 Margaric Acid	.4%
Sodium	0.0	18:0 Stearic Acid	1.9%
Carbohydrates	13.3 g	20:0 Arachidic Acid	.5%
Dietary Fiber	6.7 g	<b>Monounsaturated 56.0%</b>	
Sugars	3.3 g	16:1 Palmitoleic Acid	.6%
Protein	10.0 g	17:1	.4%
Vitamin A	130.0 IU	18:1 Oleic Acid	54.2%
Vitamin C	2.0 mg	20:1 Eicosenoic Acid	.8%
Thiamin	0.9 mg	<b>Polyunsaturated 34.4%</b>	
Riboflavin	0.1 mg	18:2 Linoleic Acid	32.2%
Niacin	0.9 mg	18:3 Linolenic Acid	2.2%
Calcium	73.0 mg		
Iron	2.4 mg		
Potassium	603.0 mg		
Magnesium	142.0 mg		
Phosphorus	189.0mg		

If you have any questions or wish to talk pecans, please give me a call at 800-469-6607.

With best regards,

Helen Watts  
Executive Vice President