It's just nuts how good pecans are for your heart

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Eating pecans could help slash cholesterol and protect the heart, according to a study which found the antioxidant-packed nuts could reduce so-called "bad" cholesterol.



Although technically a seed, pecans are typically considered a nut, similar to almonds, cashews and walnuts. They are highly nutritious, providing healthy mono-unsaturated fats, fibre, protein and minerals such as magnesium, zinc and potassium.

A new review of existing research pinpointed some of the health benefits of pecans. The study, published in Nutrients journal, showed that people who regularly consumed pecans in snack-sized servings showed improvements in total cholesterol, LDL ("bad") cholesterol, triglycerides and non-HDL cholesterol levels.

Pecans contain polyphenols (a form of antioxidant) and other bioactive substances. These elements may help boost antioxidant activity within the body.

The evidence suggests pecans may support cardiovascular wellbeing primarily through improving lipid metabolism and bolstering antioxidant protection.

Study author Britt BurtonFreeman says: "What stands out is the consistency of evidence linking pecans to markers of heart health and overall diet quality. The additional findings around satiety and weight management add important context, particularly as interest grows in appetite regulation and the use of GLP-1 therapies."

In the study, the team from the Illinois Institute of Technology, wrote: "Overall the current literature suggests pecans offer cardiometabolic benefits and enhance diet quality when incorporated into healthy dietary patterns."