

Nutty Monday

Georgia

Did you know?

In the United States, Georgia is the largest producer of pecans. Every year they produce over 75 million pounds!



Pecans are a great source of iron, thiamine, protein, unsaturated fats and zinc. The nut with the highest amount of antioxidants per amount is the pecan. In moderation, the pecan has been known to reduce cholesterol and bad fat from the body by as much as 32%.