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## **Another Healthy Nut.**

Eat a handful of pecan nuts in the evenings or toss chopped pecans into your salads for some extra heart-healthy nutrition.

Including pecans in your diet may help to protect your heart health by improving cholesterol values. Pecans also are a good source of unsaturated fat, fibre and magnesium.

Enjoy your nutty health, until next time, have a blessed week!

# **ALFIE**