

# "NUTRITION ATTRIBUTES & HEALTH EFFECTS OF PISTACHIO NUTS"

This new study highlights links between eating pistachios and **weight management** as well as a many of other health benefits.  
Meet the powerful pistachio!



## WEIGHT MANAGEMENT



Eating pistachios while dieting has been linked to better **WEIGHT LOSS** outcomes, lower body fat & reduced waist circumferences.



Researchers found the protein and fiber in pistachios combined with a low glycemic index helps **curb hunger pangs and slows the rise in blood glucose** levels after meals.



Numerous studies have shown nut consumption is not associated with weight gain or increased obesity risk.



### BLOOD SUGAR

Studies suggest pistachios may help people with diabetes **manage blood glucose levels** due to their low glycemic index, low saturated fat, fiber, and healthy fats.



### BLOOD PRESSURE

The minerals in pistachios, such as potassium, magnesium, calcium, copper, and manganese, may **benefit blood pressure**.



### HEART HEALTH

The phytosterols in pistachios may help to improve lipid profiles (**lower bad cholesterol, raise good cholesterol**).



### OVERALL HEALTH

Studies show that people who regularly eat nuts, including pistachios, tend to have **higher-quality diets**.



### HEART HEALTH

Phenolic compounds, which function as antioxidants, are found in pistachios and may help **promote a healthy heart**.



### BONE HEALTH

The combination of vitamins and minerals found in pistachios may help **promote bone health**. Pistachios contain Vitamin K, potassium, magnesium, calcium, copper, and manganese.



### EYE HEALTH

Lutein and zeaxanthin –responsible for pistachios' yellow & green hues – may **protect against age-related macular degeneration (vision loss)**.



### PHYTOCHEMICALS

Pistachios contain about **13x more lutein and zeaxanthin** than the next highest nut.

These phytochemicals have been associated with a lower risk of some types of cancer.

#### LEGAL / REFERENCE

Notes: Source for the nutrient contents of pistachios: USDA Nutrient Database for Standard Reference, Release 26, 2013.

Source for all nutrient functions: M. Bulló, M. Juanola-Falgarona, P. Hernández-Alonso, J. Salas-Salvadó, Nutrition attributes and health effects of pistachio nuts, British Journal of Nutrition (2015), 113. 879-893. Doi:10.1017/80007114514003250.

# THE SKINNY on AMERICAN PISTACHIOS

Some people still worry that adding pistachios to their diet will result in weight gain, but here's what the science says about American pistachios.

## THE SCIENCE OF SKINNY



Researchers recently discovered that **eating as much as 20% of calories from pistachios may not lead to weight gain**, but it may provide the added benefit of improving blood pressure, among other perks.<sup>1</sup>

### Here's the skinny...

Scientists asked a group of healthy 20-something women to include a couple servings of pistachios to their daily diet – up to 1/5 of their daily calorie needs.



After 10 weeks, women experienced no changes in weight, waist circumference or body mass index.



Previous studies suggest that having to manually remove the shell from pistachios help you manage how many you eat without compromising fullness.<sup>2</sup>



Emerging research shows that people with extra body weight can also benefit from eating pistachios – folks who munched on pistachios lost weight and improved their triglyceride levels (blood fats).<sup>3</sup>



## THE SKINNY ON HEART HEALTH

Emerging research also shows that pistachios may help **promote heart health** in those with type 2 diabetes! In the study, those who ate pistachios saw improved measures of cardiovascular health compared to those who did not eat pistachios.<sup>4</sup> These are important research findings for those with type 2 diabetes as heart disease is the leading cause of morbidity and mortality in this group.

## SKINNIER THAN ANY OTHER NUT

## PISTACHIOS

are one of the **LOWEST CALORIE NUTS WITH**

**ONLY 160**

**CALORIES IN A SINGLE OUNCE,** which is the equivalent of about



**PISTACHIOS.**

But did you know that **FIBER AND PROTEIN**

are a powerful duo to help keep you full and satisfied longer?

Check out how pistachios stack up against other common tree nuts below.

**Here's how American pistachios compare to other nuts.**<sup>5</sup>

Per One-Ounce Serving	Pistachio	Cashew	Almond	Pecan	Brazil	Macadamia	Walnut	Hazelnut
Kernels per Serving	49	17	23	10	7	11	7	20
Calories	160	160	160	196	186	204	185	178
Protein (g)	6.0	4.3	6.0	2.6	3.5	2.2	4.3	4.2
Fat (g)	13	13.1	14.0	20.4	16.1	21.6	18.5	17.2
Sat Fat (g)	1.5	2.6	1.1	1.8	3.7	3.4	1.7	1.3
Fiber (g)	3	0.9	3.5	2.7	1.8	2.3	1.9	2.7

Learn more about pistachios and weight management at [AmericanPistachios.org](http://AmericanPistachios.org)



### References:

1. Burns-Whitmore B, Hall LM, Towne AH, Roy S. Effects of pistachio on body composition and blood lipids in healthy young women. *FASEB J.* 2014.
2. Kennedy-Hagan, Painter JE, Honselman C, Halvorson A, Rhodes K, Skwir K. The effect of pistachio shells as a visual cue in reducing caloric consumption. *Appetite.* 2011;57(2):418-20.
3. Li Z, Song R, Nguyen C, Zerlin A, Karp H, Naowamondhol K, Thames G, Gao K, Li L, Tseng CH, Henning SM, Heber D. Pistachio nuts reduce triglycerides and body weight by comparison to refined carbohydrate snack in obese subjects on a 12-week weight loss program. *J Am Coll Nutr.* 2010;29(3):198-203.
4. West SG., Sauder KA, McCrea CE, Ulbrecht JS, Kris-Etherton PM. Daily pistachio consumption benefits multiple cardiovascular risk factors in type 2 diabetes. *FASEB J.* 2014.
5. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>.