The POWER of PISTACHIOS®

American Pistachios
THE POWER OF GREEN

Good things really do come in small packages. Such is the case when it comes to American pistachios. For thousands of years, pistachios were considered a rare delicacy…but today, this delicacy has become a mainstream must-have. And don't let its hard shell fool you: this nut is packed with nutrients and, most important, research shows that pistachios may help maintain a healthy heart. Combining concentrated energy with a unique taste, this little nut in a green dress is beautiful, tasty and good for you. So, go ahead and enjoy a serving of pistachios today …what are you waiting for?

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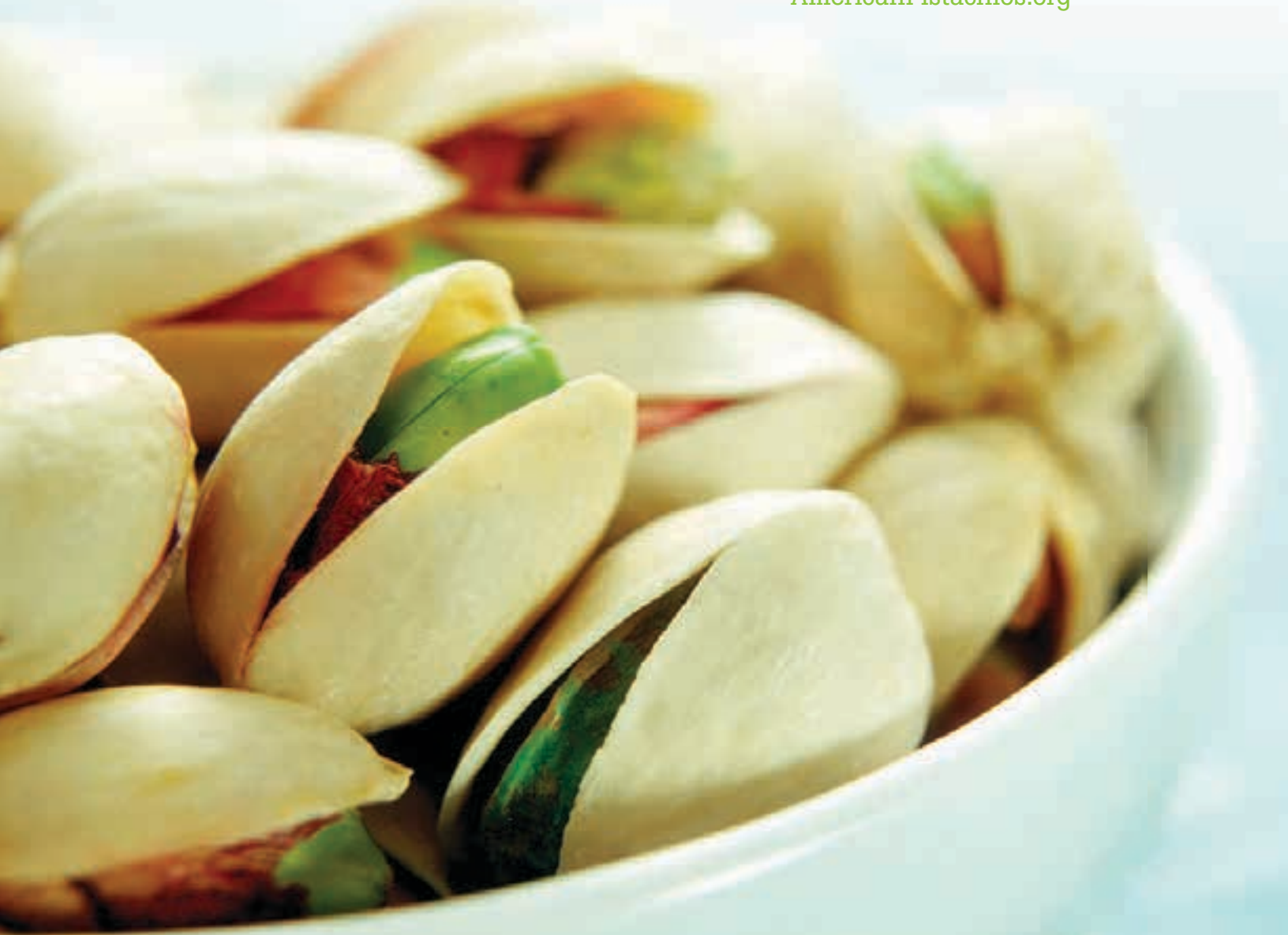

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Seeing Green

American pistachios are grown in California, Arizona and New Mexico. The U.S. is number one in global commercial production with an estimated production of more than 519 million pounds in 2014. There are more than 950 pistachio growers in the United States.

The story of the U.S. pistachio industry is one of unparalleled success. From its first commercial crop in 1976, the pistachio industry has gone from barely providing enough nuts for the domestic market to exporting a majority of its crop to countries around the world.

About APG

AMERICAN PISTACHIO GROWERS

American Pistachio Growers (APG) is a non-profit trade association representing members who are pistachio growers, processors and industry partners in California, Arizona and New Mexico. Governed by an 18-member board of directors, APG is headquartered in Fresno, California. Program initiatives include domestic and international marketing, pistachio nutrition research, government affairs, product development and market development. For more information visit **AmericanPistachios.org**.

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Stats Behind THE SHELL

An Appetite for Nuts

The United States is the largest consumer of pistachios, followed by China and then the collective countries of the European Union.

Tree of Life

Pistachio trees take six to 10 years to mature but can bear nuts for 100 years or more. Pistachio trees are wind pollinated, as opposed to bee pollinated, and just one male tree is required to pollinate up to 40 female trees.

What a Production

Trees are alternate bearing, meaning that the harvest is heavier in alternate years. Peak production is reached at approximately 15–20 years.

Leaf Year

Fruit and nut tree age is typically measured in "leaves" as opposed to years: the age of a tree at planting is "first leaf," and a tree does not become one year old until "second leaf."

Go Nuts

Celebrate the greatness of nuts on National Nut Day (October 22) and National Pistachio Day (February 26).

Coming Out OF THEIR SHELLS

The pistachio tree takes five to eight years to begin bearing fruit, and in alternate years they produce a heavier crop. Seasonally, the trees develop a brownish-green flower in the spring, and harvest usually takes place anywhere from late August to early October, when the hull blushes and emerges naturally from its shell when it splits. During harvest, pistachio growers use a machine to shake the pistachio tree, forcing it to drop its fruit into special catchers and never letting the nuts touch the ground. They are then rapidly delivered to processors at the peak of flavor and freshness. This process, and the associated technology employed, ensures the safest pistachios in the world are grown in the U.S.A.

Processing

Processing is one of the most critical components to ensuring a healthy, great-tasting pistachio. Once pistachios are harvested, to avoid shell staining and product weakening, the outer hull is removed within 24 hours. Hulls are removed mechanically, and then the nuts are washed, dried and separated by size. Electronic color-sorting machines check and separate the nuts for any shell staining or discoloration. All of this is done mechanically with the latest technology to ensure the highest in food safety standards.

A Responsible APPROACH

Throughout California, Arizona and New Mexico, producers of pistachios share the common goal of taking great care to maintain the land and its environment so their orchards and the ecosystem around them will thrive for future generations.

Investing in pistachio trees is a long-term commitment. Therefore, growers invest in research with leading universities to ensure the health of their orchards and to improve the quality of their product by studying everything from Integrated Pest Management (IPM), to optimal irrigation methods and even solar energy.

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What's Not To Love?

Research shows that pistachios may help maintain a healthy heart. In 2003, The U.S. Food and Drug Administration released a health claim recognizing that scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

A one-ounce serving (about 49 nuts) has 160 calories and a host of vitamins, minerals and other nutrients in addition to 7 grams of monounsaturated and 4 grams of polyunsaturated fats that are considered heart healthy in the context of a healthy dietary pattern.

Pass The Pistachios Please...

Boost Your Antioxidants

Antioxidants are dietary substances that can prevent damage to your body cells or repair damage that has been done. Antioxidants work by significantly slowing or preventing the oxidative – or damage from oxygen – process caused by substances called free radicals that can lead to cell dysfunction. Research published in ***The Journal of Nutrition*** (June 2010) suggests that eating pistachios raises levels of serum antioxidants, such as lutein, which is shown to support eye health, and gamma tocopherol, which may contribute to lower levels of oxidized-LDL cholesterol.[1]

Weigh The Facts

Results from recent studies suggest that adults who consume nuts, such as pistachios, versus those who do not, may have lower body weight measures and obesity, a lower prevalence of health risks and better diets.[2] Furthermore, pistachios were used as a portion controlled snack in a recent weight loss study. The people in the study who ate pistachios improved their body mass index and triglycerides in comparison to those who ate a refined carbohydrate snack.[3] Both groups lost weight during the 12-week study.[4]

Stressing the Positive

Pistachios may be an answer to dealing with everyday stressors, according to a recent study at Pennsylvania State University.[5] Stress takes a toll on your body, which can include a rise in blood pressure. The study found that pistachios may help reduce blood pressure and biological responses to everyday stress when added to a healthy diet. A serving of pistachios contains 8 percent of the Daily Value for both potassium and magnesium, which are important in maintaining healthy blood pressure.

[1] Kay CD, Gebauer SK, West SG, Kris-Etherton PM. Pistachios increase serum antioxidants and lower serum in hypercholesterolemic adults. J Nutr. 2010;140:1093-1098

[2] Fulgoni II VL, O'Neil CE, Keast DR, Nicklas TA. Improved diet quality, nutrient intake, and health associated with out-of-hand tree nut consumption in U.S. Adults: NHANES 1999-2004. FASEB J. 2010;24:324.4

[3] Li Z, Song R, Nguyen C, Zerlin A, et al. 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] Bes-Rastrollo M, Wedick NM, Martinez-Gonzalez MA, Li TY, Sampson L, Hu FB. Prospective study of nut consumption, long-term weight change, and obesity risk in women. Am J. clin Nutr. 2009;89:107.

[5] West SG, Gebauer SK, Kay CD, Bagshaw DM, Savastano DM, Diefenbach C, Kris-Etherton P. Diets Containing Pistachios Reduce Systolic Blood Pressure and Peripheral Vascular Responses to Stress in Adults with Dyslipidemia. Hypertension. 2012 Jun 4.

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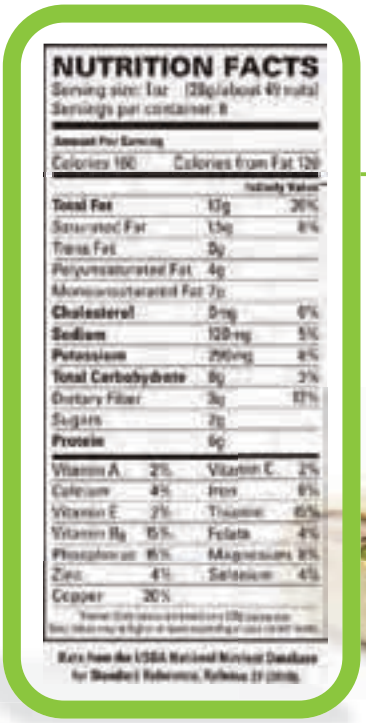
Kernels of WISDOM



A one-ounce serving of pistachios equals 49 nuts – more per serving than any other snack nut.

2 oz of pistachio kernels has more potassium (570mg, 16 percent DV) **than a large banana** (487mg, 14 percent DV)

Pistachios contain polyphenols (catechins), carotenoids (beta-carotene, lutein, and zeaxanthin) and gamma-tocopherol (vitamin E); **all important antioxidants that are released during digestion and provide many health benefits to your body**.

Pistachios contain more than 10 percent of the Daily Value of dietary fiber and essential vitamins and minerals like B_6, thiamin, copper and phosphorus.

You can obtain about as much dietary fiber from a serving of pistachios (2.9g, 12 percent DV) as from ½ cup of cooked broccoli (2.5g, 10 percent DV)

Pistachios, with 6g of protein per serving, are considered part of the Protein Group, according to the USDA MyPlate guidance system.

Pistachios, like olive oil, primarily contain monounsaturated fat. *The Dietary Guidelines for Americans* recommend that you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.

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Lowcountry Shrimp Tostada with Mango Pistachio Salsa

Chef Ben Berryhill

Pistachio Brittle

Chef Lauren Mitterer

Pistachio Chocolate Tart with Caramel Mascarpone & Ganache

Chef Lauren Mitterer

For recipes go to **AmericanPistachios.org**

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Country Pork Pate with Pistachios

Chef Mike Lata

Pistachio Custard 'Sformato' with Artichokes

Chef Nathan Hood

Savory Pistachio & Duck Risotto Balls 'Arancini' with Warm Pistachio Sultana Gremolata

Chef Nathan Hood

For recipes go to **AmericanPistachios.org**

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Pistachiomolé

Chef Robert Del Grande

Pistachioritas

Chef Robert Del Grande

Antebellum Benne Crackers with Pistachio Hummus & Country Ham

Chef Sean Brock

For recipes go to **AmericanPistachios.org**

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