

"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.



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