Hearts are a universal symbol of love, and pistachios can help keep yours healthy. There is scientific research that supports the power of pistachios for heart health and the health of blood vessels. In fact, the U.S. Food and Drug Administration recognizes that tree nuts, including pistachios, can be part of a heart healthy diet. Research has shown that eating calorie-controlled amounts of pistachios as part of a heart healthy diet can help manage healthy cholesterol levels, inflammation, and blood vessel health. Pistachios also have more antioxidant power per 100 grams than blueberries, blackberries, garlic, and pomegranate juice – and that’s good for the whole body.

**HEALTHY HEART**

A healthy sex life is vital to self-esteem, overall health, and satisfying relationships. A recent study* of men (between the ages of 38 and 59) with erectile dysfunction saw improvements in measures of erectile function and sexual satisfaction after eating 3.5 ounces of pistachios daily for 3 weeks. 


**A BETTER LOVE LIFE?**

3.5 ounces of pistachios daily for 3 weeks

**A SENSUAL HISTORY**

Pistachios delight the senses with their unique flavor, color and scent. It is said that in ancient Persia, lovers used to meet under pistachio trees and listen to the crackling of nuts in the moonlight, which was a sign they’d be happy.

**WEIGHT MANAGEMENT**

49 nuts per serving. They are also among the lowest fat nuts.

Bye-bye love handles! A typical one-ounce serving of pistachios contains 160 satisfying calories. Research shows that simply shelling and eating pistachios one by one slows consumption, allowing one to feel full more easily.
THYME & GARLIC AMERICAN PISTACHIOS

1 pound American pistachios, in-shell
4 sprigs Thyme, chopped
½ ounce Garlic, sliced
4 tablespoons Canola oil
Sea salt to taste

Warm canola oil in roasting pan, add the pistachios and toast. Add the sliced garlic and thyme sprigs, continue toasting until the garlic and thyme have coated the pistachios; season with sea salt to taste. Remove from heat, serve warm in the vessel of your choice.

Yield: 1 pound snacking nuts.

AMERICAN PISTACHIOS WITH TEXAS PETE HOT SAUCE

1 pound American pistachios, in-shell
3 tablespoons Texas Pete hot sauce
4 tablespoons Canola oil
Sea salt to taste

Warm canola oil in roasting pan, add the pistachios and toast. Add Texas Pete hot sauce, coating the pistachios evenly; season with sea salt to taste. Remove from heat, serve warm in the vessel of your choice.

Yield: 1 pound snacking nuts.

AMERICAN PISTACHIOS WITH BLACK & WHITE PEPPERCORNS

1 pound American pistachios, in-shell
¼ ounce Ground white peppercorns
¼ ounce Ground black peppercorns
4 tablespoons Canola oil
Sea salt to taste

Warm canola oil in roasting pan, add the pistachios and toast. Add the ground white and black pepper, coat evenly and continue toasting; season with sea salt to taste. Remove from heat, serve warm in the vessel of your choice.

Yield: 1 pound snacking nuts.

CURRY-DUSTED AMERICAN PISTACHIOS

1 pound American pistachios, in-shell
½ ounce Yellow curry powder
4 tablespoons Canola oil
Sea salt to taste

Warm canola oil in roasting pan, add pistachios and toast. Add the curry powder and continue toasting; season with sea salt to taste. Remove from heat, serve warm in the vessel of your choice.

Yield: 1 pound snacking nuts.
Dr. Cathy Kapica has empowered individuals and organizations to make smart lifestyle choices by marrying science with the practical for more than 25 years. She continues to promote the intersection of food, nutrition and wellness as Senior Vice President of Global Health and Wellness at Ketchum and adjunct faculty at Tufts University. She created and leads the Ketchum Nutrition Certification Program for Public Relations Professionals developed in collaboration with Tufts University, the first global program of its kind, designed to educate account teams on the basics of nutrition to help provide better client service. She also co-stars as “The Lazy Cook” in the video series ‘The Lazy Cook and the Crazy Cook’ where she shares her unique approach to food preparation (www.lazycookcrazycook.com). Dr. Kapica is a registered dietitian, licensed to practice in the state of Illinois; a fellow of the American College of Nutrition; and certified in Family and Consumer Science. Her past achievements include:

- Global Director of Nutrition for the McDonald’s Corporation, where she led the nutrition effort in the 118 countries where McDonald’s restaurants serve more than 50 million customers every day. Among her accomplishments was to increase fruits and vegetables on the menu, and promote balanced active lifestyles via country level programs.
- Senior Scientist and Director of Nutrition Education at the Quaker Oats Company where she educated consumers, health professionals and the media on the health benefits of oats.
- Assistant Professor at Finch University of Health Sciences/The Chicago Medical School’s Department of Nutrition, where she taught the first-of-its-kind online graduate nutrition degree program.
- Adjunct Assistant Professor at the University of Pittsburgh School of Dental Medicine.
- Media spokesperson for the American Dietetic Association.
- Nutritionist at the American Medical Association, where she established nutrition programs as part of medical education.

Dr. Hopkins has been a practicing physician for 16 years. He worked as a physician within a large, multi-specialty group for six years prior to starting his private medical practice. He has served in several leadership positions within the community and local hospital. He formerly served as a delegate to the American Medical Association and California Medical Association. He serves as treasurer and board member for Sutter Independent Physicians, an organization of more than 750 independent practicing physicians in the Sacramento region.

Dr. Hopkins has a keen and genuine interest in improving patient education, increasing health screening and access to basic health care services, and maximizing preventive strategies to preserve health and reduce disease. His areas of expertise include bariatric medicine, and he is interested in men’s health issues as well. He has served on a national advisory panel for erectile dysfunction.
Pistachios can help to manage your weight. No need to compromise taste, fun or health to reach your weight goals when you include pistachios as part of your daily calorie needs. A one-ounce serving of pistachios is 49 nuts—more per serving than any other snack nut. Those 160 calories are packed with nutrients your body needs to stay healthy.

Did you know that pistachios may have fewer calories than previously thought? New research, supported by the United States Department of Agriculture (USDA), suggests that the fat in pistachios isn’t completely metabolized. This means that when we eat pistachios, we may absorb fewer calories than originally estimated. ¹

In addition, emerging research suggests that eating pistachios in the shell can help you manage how many you eat without compromising fullness. The act of opening each pistachio shell to get out the nut slows down the eating process, which can lead to greater satisfaction and fullness after eating. ², ³

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160 (120 from Fat)</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g (20%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g (8%)</td>
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<tr>
<td>Polyunsaturated Fat</td>
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<tr>
<td>Monounsaturated Fat</td>
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</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>120mg (5%)</td>
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<tr>
<td>Potassium</td>
<td>290mg (8%)</td>
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<tr>
<td>Total Carbohydrate</td>
<td>8g (3%)</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g (12%)</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
</tr>
</tbody>
</table>

Vitamins A: 2%, C: 2%
Calcium: 4%, Iron: 6%
Vitamin E: 2%, Thiamin: 15%
Vitamin B6: 5%, Folate: 4%
Phosphorus: 15%, Magnesium: 8%
Zinc: 4%, Selenium: 4%
Copper: 20%

*Percent daily values are based on a 2,000 calorie diet.
Daily values may be higher or lower depending on your calorie needs.
Data from the USDA National Nutrient Database for Standard Reference Release 23 (2010).

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PISTACHIOS and Heart Health

Good things come in small packages when it comes to the nutrition benefits of pistachios. A one-ounce serving of pistachios (about 49 nuts) contains a host of vitamins, minerals and other nutrients that bodies need to function and stay healthy. And all for about 160 calories. One ounce of pistachios provides:

- More dietary fiber (3 grams) than ½ cup of cooked broccoli
- 6 grams of protein—the same amount as in 1 ounce of soybeans
- “Good” fat—7 grams of monounsaturated and 4 grams of polyunsaturated fats, which are considered heart-healthy
- Less than 2 grams of saturated fat
- Phytosterols, which may decrease the risk of heart disease
- As much potassium as half of a large banana
- Vitamin B6
- Copper
- Thiamin
- Phosphorous
- Manganese
- No cholesterol
- No trans fat

Pistachios also have more antioxidant power per 100 grams than blueberries, blackberries, garlic and pomegranate juice. 1

Lutein, an antioxidant found in green and yellow vegetables, is also found in pistachios. This antioxidant has been widely studied and shown to support eye health. Pistachios have more lutein than any other nut. 2, 3, 4

Pistachios promote a healthy heart and blood vessels. There is scientific research that supports the power of pistachios for heart health and the health of blood vessels. The U.S. Food and Drug Administration recognizes that tree nuts, including pistachios, can be part of a heart-healthy diet. Research has shown that eating calorie-controlled amounts of pistachios as part of a heart-healthy diet can also help manage healthy cholesterol levels, inflammation and blood vessel health.


