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.[1]

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.[2]

Moreover, research supported by the USDA suggests that pistachios may have even fewer calories than previously thought.[3]

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).[4]

THE SKINNY ON HEART HEALTH

Emerging research also shows that pistachios may help to **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.[5] 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

49 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.[6]

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 **www.americanpistachios.org**.

AMERICAN QUALITY PISTACHIOS™ California Grown

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. David J. Baer, Sarah K. Gebauer and Janet A. Novotny Measured energy value of pistachios in the human diet. British Journal of Nutrition, Available on CJO 2011 doi:10.1017/S0007114511002649.
4. 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.
5. 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.
6. 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/.