

# MORE REASONS TO EAT AMERICAN PISTACHIOS

Pistachios have protein, beneficial fats, fiber and other important nutrients your body needs every day. Current research highlights key health and nutrition properties of pistachios.<sup>1</sup>



## DIET QUALITY

### Diet Quality:

- ✓ Pistachio eaters tend to have better diets overall and eat more fiber, vitamins and minerals
- ✓ Pistachios are rich in plant compounds with health protective activity, such as phenolic compounds, carotenoids, and phytosterols
- ✓ Pistachios are a plant source of protein (and the amino acid arginine) and are lower in fat and carbohydrates than most nuts

<sup>1</sup> <http://www.AmericanPistachios.org/nutrition-and-health>

## WEIGHT MANAGEMENT

### Weight Management:

- ✓ Pistachios are 5 percent lower in calories than estimated previously
- ✓ Research shows that eating pistachios is not associated with weight gain or obesity and is linked with reduced waist circumference
- ✓ Some studies show that choosing in-shell pistachios (opposed to unshelled) may result in reduced calorie intake due to the visual cue of empty pistachio shells

## HEART HEALTH

### Heart Health:

- ✓ According to recent research, certain nutrients in pistachios may support heart health by lowering LDL (bad) cholesterol, blood pressure, oxidative stress and inflammation, and improving endothelial function

## BLOOD SUGAR CONTROL

### Blood Sugar Control:

- ✓ High fiber, healthy fats, and health protective compounds in pistachios may help maintain healthy blood glucose levels
- ✓ Pistachios are low in carbohydrates and don't significantly raise blood sugar after eating (low glycemic index)
- ✓ Adding pistachios to a high glycemic meal like potatoes and pasta help reduce glycemic response
- ✓ When added to a meal in place of high-carb food, pistachios may help improve blood glucose control over time
- ✓ Pistachios may help manage blood sugar in women with gestational diabetes