

AMERICAN PISTACHIOS: WHAT THEIR HUES MEAN TO YOU

Pistachios can have many different colors, and there is a meaning behind each one.

EGCG CONTRIBUTES YELLOW HUES

Pistachios get their yellow hue from a catechin called epigallocatechin gallate (EGCG).

EGCG may protect our cells from oxidative damage from free radicals.

THE DEEP PURPLE IN THE SKIN COMES FROM ANTHOCYANIN

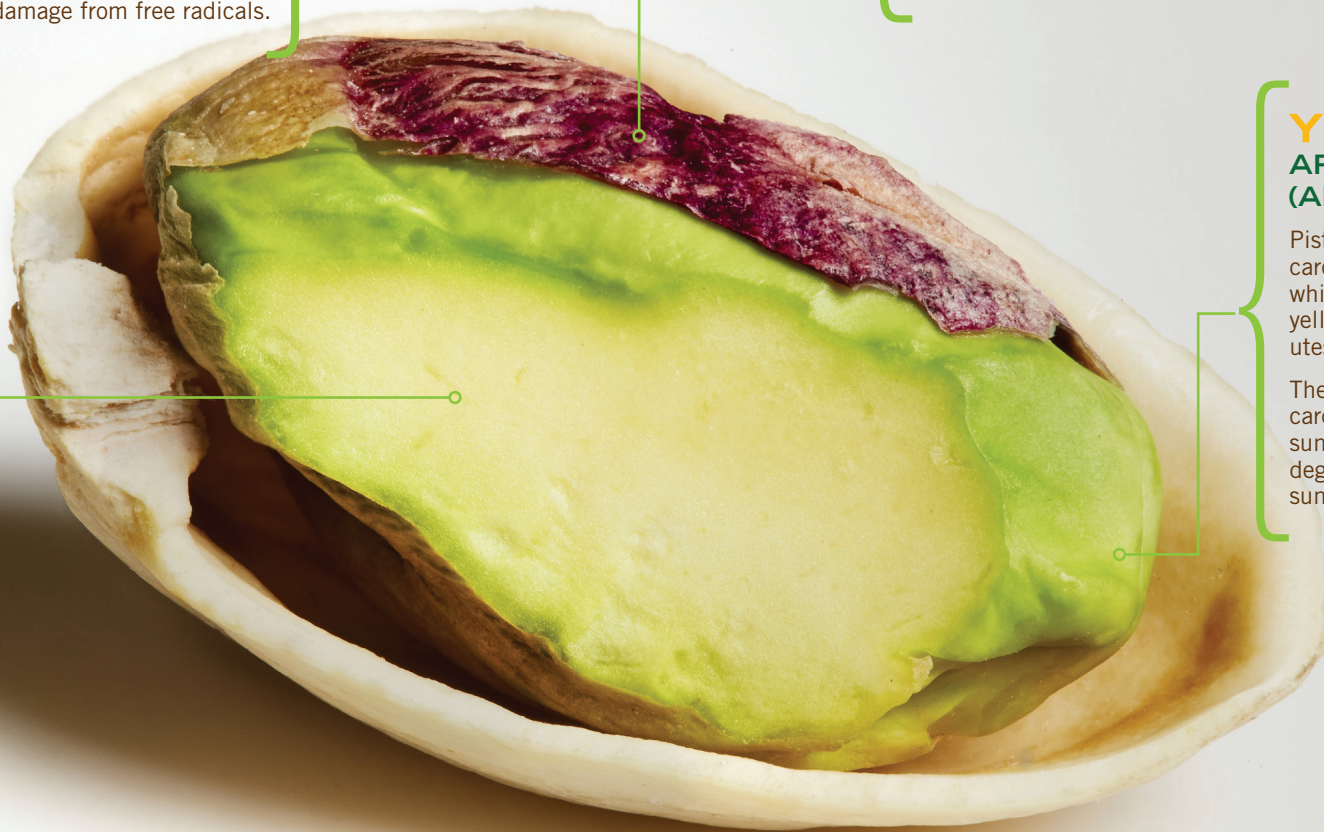
Pistachios get their purple hue from anthocyanins, which are responsible for the dark hue and skin colors of many plants and flowers.

Like EGCG, anthocyanins may also have antioxidant and anti-inflammatory properties.

YELLOW & GREEN ARE FOR LUTEIN (AND ZEAXANTHIN)

Pistachios are known for containing two carotenes called lutein and zeaxanthin, which contribute to their green and yellow hues (chlorophyll also contributes to the green color).

There is emerging evidence that these carotenes may protect the eyes from sun damage and some types of macular degeneration, acting as "internal sunglasses."



Next time you munch on pistachios as a snack or add them as a crunchy topper on your salads, you'll have a new appreciation for their colors and what their hues mean to your health.