



# TOP 5

## DIETITIAN-APPROVED TIPS FOR USING PISTACHIOS

BY SHARON PALMER, RDN



*The* **POWER** *of*  
**PISTACHIOS**®



[AmericanPistachios.org](http://AmericanPistachios.org)

Pistachios provide an array of health benefits and make a delicious addition to any meal or snack. Check out these 5 tips to include pistachios in your diet more often.



**Pistachios are plant super stars** and boast nutrients including protein, fiber, healthy fats, potassium, and B vitamins. An ounce of shelled pistachios—49 kernels—contains only 160 calories, making them a great addition to meals and snacks. Pistachios even provide phytochemicals like lutein and zeaxanthin – responsible for pistachios’ green and yellow hues – that may help protect against age-related macular degeneration<sup>1</sup>.



It's no wonder that **eating pistachios has been linked to numerous health advantages**, such as improving heart health, <sup>1</sup> and blood sugar/insulin response in those with prediabetes<sup>2</sup>. Eating pistachios and other nuts have also been linked to a decreased risk of mortality<sup>3</sup>. Recent research also suggests that eating pistachios may help keep your weight under control<sup>1</sup>.



With a combination of protein, fiber, and healthy fats, pistachios hit that sweet spot for healthful snacking. **Just a single serving can help you feel full, satisfied, and energized—all for a skinny calorie package.** And munching on pistachios straight out of the shell can help you manage your serving size, because the act of unshelling the nuts may lead to greater meal satisfaction<sup>4</sup>.



And that's not all. Pistachios have a rich tradition throughout time as **part of the healthful Mediterranean diet pattern.** Adding pistachios to classic dishes, such as pasta, salads, and grain dishes brings great taste along with powerful nutrients.



Here are my top 5 tips to power up your diet with pistachios.

# TOP 5 TIPS

## FOR POWERING UP ON PISTACHIOS



1

### Wake up to Pistachios.

Boost your breakfast with protein, fiber and healthy fats by sprinkling pistachios into your morning oatmeal, whole grain breakfast flakes, or pancake batter.



2

### Pack Pistachios To Go.

Throw a handful of pistachios into an airtight container or bag for the perfect on-the-go, healthful snack for lunch boxes, gym bags, purses, briefcases, and overnight bags.



3

### Toss Your Salad with Pistachios.

There's nothing better than a savory, nutty crunch in your bowl of greens. Pistachios are also great in grain or bean salads too.



4

### Get Cooking with Pistachios.

Let pistachios inspire you to add flavor and health to your favorite dinner recipes. You can even fuel your plate with more plant proteins by doing so. Try mixing pistachios into grain pilafs, casseroles, pasta dishes, veggie-burgers, and nut loaves.



5

### Power Your Baking with Pistachios.

Stir flavorful pistachios into your favorite baked goods, such as waffles, bread, quick breads, muffins, cobblers, pies, and cookies.



### American Pistachio Nutrients by the Numbers

1 ounce serving (49 kernels)  
shelled, roasted, salted  
pistachio kernels

Calories:	160
Fat:	13 g
Saturated Fat:	2 g
Monounsaturated + Polyunsaturated Fats:	12 g
Sodium:	120 mg
Potassium:	290 mg
Carbohydrate:	8 g
Fiber:	3 g
Protein:	6 g
Vitamin B6:	15% DV
Copper:	20% DV
Thiamin:	15% DV

Note:  
g = gram, mg = milligram,  
DV = Daily Value. Source: USDA

#### References:

1. Bullo M, et al. Nutrition attributes and health effects of pistachio nuts. *Br J Nutr.* 2015; 113: 879-893. Doi:10.1017/80007114514003250.
2. Hernandez-Alonso, P., et al. Nutrition attributes and health effects of pistachio nuts. *Br J Nutr.* 2015 Apr;113 Suppl 2:S79-93.
3. Bao Y, Han J, Hu FB, Giovannucci EL, Stampfer MJ, Willett WC, Fuchs CS. Association of nut consumption with total and cause-specific mortality. *N Engl J Med.* 369:2001-2011.
4. Honselman, C.S., Painter, J.E., Kennedy-Hagan, K.J., Halvorson, A., Rhodes, K., Brooks, T.L., & Skwir, K. "In-shell pistachio nuts reduce caloric intake compared to shelled nuts." *Appetite.* 2011; 57(2):414-417.

# PISTACHIO CHERRY COCONUT CRISP

Recipe created by Sharon Palmer, RDN

*Here's a comforting dessert recipe that's heavy on flavor and light on calories. Calling upon the rich flavors of cherries, pistachios, coconut and oats, it's sure to be a hit with the whole family!*

## YIELD:

8 servings



## FILLING:

- 2 10-oz bags frozen cherries
- 1 tablespoon corn starch
- 1 teaspoon lemon zest
- 1 tablespoon brown sugar
- 1 teaspoon vanilla

## CRUMB TOPPING:

- 1 cup old-fashioned oats
- ½ cup white whole wheat flour
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon kosher salt (optional)
- 3 tablespoons margarine
- ¼ cup unsweetened, sliced, dried coconut
- ½ cup pistachios, coarsely chopped

1. Preheat oven to 375 F.
2. Add cherries to a medium baking dish and toss with corn starch, lemon zest, brown sugar, and vanilla.
3. In a medium bowl, mix together oats, flour, brown sugar, cinnamon, and salt (if desired). Cut in margarine with a fork. Fold in coconut and pistachios.
4. Sprinkle crumb mixture evenly over the top of the cherry mixture. Place in oven, uncovered, and bake 25-30 minutes, until golden brown.
5. Remove from oven and serve warm.

### Nutritional Information per Serving:

267 Calories, 10 g Fat, 3 g Saturated Fat, 86 mg Sodium, 40 g Carbohydrate, 5 g Fiber, 15 g Total Sugar, 7 g Protein

