

The POWER of PISTACHIOS



According to the FDA, “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, **may reduce the risk of heart disease.**”

Pistachios, with 6g protein, are a **“good source” and “complete protein,”** with 10% DV, and contain all the essential amino acids. Gram for gram pistachios have as much protein as an egg.

A one-ounce serving of pistachios **equals 49 nuts** — more per serving than any other snack nut.

Nutrition Facts

1 serving per container
Serving size 1oz/49 kernels (28g)

Amount per serving		
Calories		160
		% Daily Value*
Total Fat 13g		17%
Saturated Fat 1.5g		8%
TransFat 0g		
Polyunsaturated Fat 4g		
Monounsaturated Fat 7g		
Cholesterol 0mg		0%
Sodium 120mg		5%
Total Carbohydrate 8g		3%
Dietary Fiber 3g		11%
Total Sugars 2g		
Includes 0g Added Sugars		0%
Protein 6g		10%
Vitamin D 0mcg 0%	• Calcium 30mg 2%	
Iron 1mg 6%	• Potassium 290mg 6%	
Thiamin 0.2mg 15%	• Riboflavin 0.1mg 6%	
Vitamin B6 0.3mg 20%	• Phosphorus 133mg 10%	
Magnesium 31mg 8%	• Copper 0.4mg 40%	
Manganese 0.4mg 15%		

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



Pistachios, like olive oil, primarily **contain monounsaturated fat.** The *Dietary Guidelines for Americans* recommend you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.

You can obtain about as much dietary fiber from a serving of pistachios (2.9g, 12%) as from a 1/2 cup cooked broccoli (2.5g, 10%)

2 oz of pistachio kernels has more potassium (580mg, 16 percent DV) **than a large banana** (487mg, 14 percent DV).

Pistachios contain more than 10% of the Daily Value (DV) of protein, dietary fiber and essential vitamins and minerals like B6, thiamin, copper and phosphorus.

Pistachios are a **naturally cholesterol-free** snack that contain only 1.5g of saturated fat.



AmericanPistachios.org