

PISTACHIOS:

More Than Meets the Eye

PISTACHIOS CONTAIN POWERFUL ANTIOXIDANTS,

which have been shown to improve a key marker of eye health (macular pigment optical density, MPOD).

Regular consumption of pistachios may

HELP PROTECT THE EYES FROM BLUE LIGHT DAMAGE

and reduce the risk of age-related macular degeneration (AMD), supporting long-term vision health.

Pistachios are the only nut that contain significant amounts of the

ANTIOXIDANT LUTEIN, IMPORTANT FOR EYE HEALTH.

A recent study shows improvements in eye health after eating **2 oz.** of pistachios daily for **12 weeks.**

**MAKING PISTACHIOS
A SMART CHOICE** for those looking to support eye health.

Lutein, found in pistachios, plays a critical role in maintaining eye health by **FILTERING BLUE LIGHT AND ACTING AS AN ANTIOXIDANT IN THE EYE.**

The study found that pistachio consumption nearly doubled participants' daily intake of lutein.

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PISTACHIO GROWERS**

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