

The POWER of PISTACHIOS®



AMERICAN PISTACHIOS ARE A POWERHOUSE OF IMPORTANT NUTRIENTS LIKE **PROTEIN AND FIBER** THAT CAN HELP WITH WEIGHT MANAGEMENT.

PISTACHIOS DELIVER:



160 CALORIES—THE LOWEST CALORIE NUT PER SERVING*



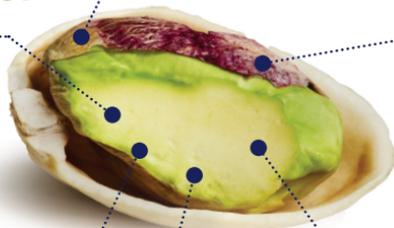
LUTEIN TO HELP MAINTAIN EYE HEALTH¹



THE LARGEST SERVING SIZE OF ANY NUT—49 NUTS



MORE ANTIOXIDANTS THAN BLUEBERRIES^{2,3}



THE MOST PROTEIN PER SERVING OF TREE NUTS, PISTACHIOS ARE A COMPLETE PROTEIN**



ISOFLAVONES, WHICH MAY HELP REDUCE HOT FLASHES IN SOME WOMEN DURING MENOPAUSE^{4,5*}**

*Along with almonds and cashews.

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***Pistachios have 1 mg isoflavones per serving and should be combined with other foods to reach daily goal of 50-100 mg isoflavones.



Unshell Happiness

Pistachio energy bites make a delicious and nutrient-filled snack.
Try this simple recipe below—no baking required!



PISTACHIO ENERGY BITES

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup pistachios, chopped
- 1/4 cup honey or maple syrup
- 1/4 cup nut butter
- 1/4 cup dried cranberries

INSTRUCTIONS

1. In a bowl, mix together oats, chopped pistachios, honey or maple syrup, almond butter, and dried cranberries until well combined.
2. Roll the mixture into small bite-sized balls.
3. Place the energy bites on a baking sheet and refrigerate for at least 30 minutes before serving.

AS SEEN ON
The Drew Barrymore Show



SEE HOW PISTACHIOS COMPARE



NUTRIENT	UNITS	PISTACHIOS	CASHEWS	HAZELNUTS	MACADAMIAS	PECANS	ALMONDS	WALNUTS	BRAZIL	PINE NUTS
Calories	kcal	160	160	180	200	200	160	190	190	190
Protein	g	6	4	4	2	3	6	4	4	4
Mono Fat	g	7	8	13	17	12	9	2.5	7	5.5
Poly Fat	g	4	2	2	0.5	6	3.5	13	7	10
Fiber	g	3	1	3	2	3	4	2	2	1
Potassium	mg	285	160	193	103	116	208	125	187	169
Lutein + Zeaxanthin	µg	329	7	26	0	5	0	3	0	3