



The POWER *of* PISTACHIOS®



AMERICAN PISTACHIOS ARE A **POWERHOUSE**
OF **IMPORTANT VITAMINS, MINERALS AND**
NUTRIENTS THAT CAN HELP SUPPORT YOUR PATIENTS
WITH WEIGHT MAINTENANCE AND BLOOD SUGAR CONTROL.

GET TO KNOW THE POWERFUL PISTACHIO

Dear Healthcare Professional,

Nuts are an important part of a healthy diet. Whether your patients are looking to manage their weight, are seeking to manage blood sugar and key markers of heart disease, or if they eat a mostly plant-based diet, there are good reasons to make pistachios a daily nut choice. Not only are pistachios higher in protein per serving than any other tree nut and the lowest calorie nut per serving, but among nuts, pistachios are the most concentrated in isoflavones, which may reduce hot flashes in some women.¹

This booklet highlights many of the unique benefits of American pistachios for your patients, including references to current research that outline the key health and nutrition properties of pistachios.

We've also included a convenient tear sheet that we hope you will share with patients, especially those looking to make smarter, healthier choices.

As you well know, food is more than just fuel. Eating right can help your patients to feel good while improving their health. Small, gradual, healthy eating changes can make a big difference. Read on to discover the many health benefits that the powerful pistachio can provide to your patients.

Thank you for all you do.



Amber Wilson

Amber Wilson, MS, RDN
Senior Director, Global Nutrition & Marketing, North America
American Pistachio Growers



WE WANT YOUR FEEDBACK!

Let us know what you think about American pistachios and this program. Visit [PISTACHIOS.PULSECONNECT.ME](https://pistachios.pulseconnect.me), take the survey and you can receive a \$20 gift card.*

*Quantities are limited. E-cards are restricted to one (1) per email or physical address, require a fully complete survey, a valid email address, and are provided digitally. See PulseConnect terms of service at pulseconnect.me.

PISTACHIOS PACK A PROTEIN PUNCH



Pistachios are a source of complete protein.² They have all 9 essential amino acids necessary for overall health.



Pistachios are one of the few plant-based sources of complete protein.



Pistachios are a good source of protein and have 6 grams of protein per serving—the same amount of protein in one egg.



Pistachios are a high-quality protein source for people following most diets—plant-based, Mediterranean Diet, DASH, and much more!³



Pistachios are a convenient, portable snack that can be eaten on the go. This makes them a great option for boosting protein intake with only 160 calories per serving.

1. Messina M. Soy foods, isoflavones, and the health of postmenopausal women. *Am J Clin Nutr*. 2014;100 Suppl 1:423S-30S. 2. Bailey HM, Stein HH. Raw and roasted pistachio nuts (*Pistacia vera* L.) are 'good' sources of protein based on their digestible indispensable amino acid score as determined in pigs. *J Sci Food Agric*. 2020;100(10):3878-3885. 3. Derbyshire E, Higgs J, Feeney MJ, Carugh A. Believe it or 'nut': Why it is time to set the record straight on nut protein quality: Pistachio (*Pistacia vera* L.) focus. *Nutrients*. 2023;15(9):2158.

RESEARCH SUGGESTS PISTACHIOS CAN HELP WITH WEIGHT MANAGEMENT



Pistachios are a good source of fiber, which can be beneficial in helping to provide satiety between meals.



Recent studies have also shown that snacking on pistachios does not lead to weight gain and instead results in an increase in some key nutrient intakes.^{5,6}



Research suggests that people on a weight loss plan can eat pistachios as a calorie-controlled snack and still lose weight.⁴



Additionally, a PREDIMED cross-sectional study on over 7,000 people found that those who ate more than three servings of nuts per week, including pistachios, had a lower incidence of obesity.⁷



The suggested serving size of pistachios is one ounce, or about 49 kernels—more nuts per serving than any other nut! Research suggests that pistachio eaters do not weigh more than people who avoid pistachios.⁸

4. Rock CL, et al. Effects of pistachio consumption in a behavioral weight loss intervention on weight change, cardiometabolic factors, and dietary intake. *Nutrients*. 2020;12(7):2155. 5. Riley TM, Kris-Etherton PM, Hart TL, Petersen KS. Intake of pistachios as a nighttime snack has similar effects on short- and longer-term glycemic control compared with education to consume 1-2 carbohydrate exchanges in adults with prediabetes: A 12-wk randomized crossover trial. *J Nutr*. 2024;154(4):1219-1231. 6. Fantino M, Bichard C, Mistretta F, Bellisle F. Daily consumption of pistachios over 12 weeks improves dietary profile without increasing body weight in healthy women: A randomized controlled intervention. *Appetite*. 2020;144:104483. 7. Ibarrola-Jurado N, et al. Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: The PREDIMED study. *PLoS One*. 2013;8(2):e57367. 8. Flores-Mateo G, et al. Nut intake and adiposity: Meta-analysis of clinical trials. *Am J Clin Nutr*. 2013;97:1346-1355.

PISTACHIOS MAY HELP MANAGE BLOOD GLUCOSE LEVELS



Research suggests that eating 30 grams of pistachios before breakfast and dinner can help manage blood sugar control in adults with prediabetes.⁹



Not only are pistachios a low-carbohydrate food with beneficial healthy fats, fiber and protein (all of which can slow gastric emptying and help decrease blood sugar spikes after eating), but researchers believe the flavonoid content of pistachios may also contribute to the anti-diabetic effect of pistachios.¹²



According to research, when pistachios are eaten with carbohydrates, they lessen the spike in blood sugar. When eaten on their own, pistachios do not raise blood sugar levels.¹⁰



A research review found that eating 50-57 grams of pistachios daily for 1-4 months may lead to improved fasting glucose, fasting insulin and insulin resistance.¹¹







American Pistachio Growers has contributed to nutrition research resulting in nearly 60 peer reviewed studies on the health benefits of pistachios. For more information on the health benefits of pistachios, and to review the nutrition research, visit: www.americanpistachios.org/nutrition-and-health

9. Ashwini K, et al. Effect of premeal pistachio supplementation on cardiometabolic risk factors among asian indian adults with prediabetes: A randomized controlled trial. *J Nutr*. 2025;S0022-3166(24)01231-8. 10. Kendall CW, Josse AR, Esfahani A, Jenkins DJ. The impact of pistachio intake alone or in combination with high-carbohydrate foods on post-prandial glycemia. *Eur J Clin Nutr*. 2011;65(6):696-702. 11. Ribeiro, PVM, et al. Effect of chronic consumption of pistachios (*Pistacia vera* L.) on glucose metabolism in pre-diabetics and type 2 diabetics: A systematic review. *Crit. Rev. Food Sci. Nutr*. 2019;59:1115-1123. 12. Mandalari G, et al. Pistachio nuts (*Pistacia vera* L.): Production, nutrients, bioactives and novel health effects. *Plants* (Basel). 2021;11(1):18.

PISTACHIOS HAVE A HIGH ANTIOXIDANT CAPACITY

A study published in the journal *Nutrients* discovered that pistachios have a very high antioxidant capacity, among the highest when compared to values reported in research of many foods commonly known for their antioxidant capacity, such as blueberries, pomegranates, cherries, beets, and red wine.^{13–16}

Antioxidants:

-  Have anti-inflammatory properties.^{17,18}
-  May help to protect the body from free radical damage.
-  Research suggests a diet high in antioxidants may help to reduce the risk of all-cause mortality.¹⁹
-  May contribute to brain health, enhanced immunity and anti-aging.^{15,17,20}

SEE HOW PISTACHIOS COMPARE

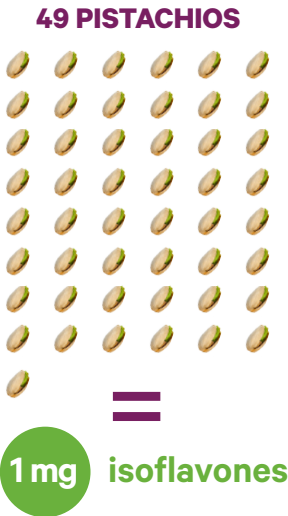


NUTRIENT	UNITS	PISTACHIOS	CASHEWS	HAZELNUTS	MACADAMIAS
Calories	kcal	160	160	180	200
Protein	g	6	4	4	2
Mono Fat	g	7	8	13	17
Poly Fat	g	4	2	2	0.5
Fiber	g	3	1	3	2
Potassium	mg	285	160	193	103
Lutein + Zeaxanthin	µg	329	7	26	0

A POWERFUL SNACK FOR WOMEN GOING THROUGH THE MENOPAUSE TRANSITION

Women in the menopause transition can enjoy a handful of pistachios daily and improve intake of fiber and key nutrients—including healthy fats, protein, and antioxidants like lutein, which helps protect vision and supports overall health with age.

Among nuts, pistachios are the most concentrated in isoflavones—pistachios have 1 mg per serving, making them one way to help reach the 50-100 mg per day goal that may help reduce hot flashes in some women during the menopause transition.^{1,21}



PECANS	ALMONDS	WALNUTS	BRAZIL	PINE NUTS
200	160	190	190	190
3	6	4	4	4
12	9	2.5	7	5.5
6	3.5	13	7	10
3	4	2	2	1
116	208	125	187	169
5	0	3	0	3

13. Yuan W, Zheng B, Li T, Liu RH. Quantification of phytochemicals, cellular antioxidant activities and antiproliferative activities of raw and roasted american pistachios (*Pistacia vera* L.). *Nutrients*. 2022;14(15):302. 14. Wolfe KL, et al. Cellular antioxidant activity (CAA) assay for assessing antioxidants, foods, and dietary supplements. *J Agric Food Chem*. 2007;55:8896-8907. 15. Song W, et al. Cellular antioxidant activity of common vegetables. *J Agric Food Chem*. 2010;58:6621-6629. 16. Wolfe KL, et al. Cellular antioxidant activity of common fruits. *J Agric Food Chem*. 2008;56(18):8418-8426. 17. Poles J, et al. The effects of twenty-four nutrients and phytonutrients on immune system function and inflammation: A narrative review. *J Clin Transl Res*. 2021;7(3):333-376. 18. Velmurugan B, et al. Neuroprotective role of phytochemicals. *Molecules*. 2018;23(10):2485. 19. Jayedi A, et al. Dietary antioxidants, circulating antioxidant concentrations, total antioxidant capacity, and risk of all-cause mortality: A systematic review and dose-response meta-analysis of prospective observational studies. *Adv Nutr*. 2018;9(6):701-716. 20. Luo J, Si H, Jia Z, Liu D. Dietary anti-aging polyphenols and potential mechanisms. *Antioxidants* (Basel). 2021;10(2):283. 21. USDA Database for the Isoflavone Content of Selected Foods. *USDA website*. https://www.ars.usda.gov/ARSSUserFiles/80400525/Data/isoflav/isoflav_R2-1.pdf. Accessed December 3, 2024. 22. Scott TM, Ogunbode O, McKay DL, Johnson EJ. Pistachio consumption increases macular pigment optical density in healthy adults: A randomized controlled trial. *J Nutr*. 2025;155(1):168-174.

2018;23(10):2485. 19. Jayedi A, et al. Dietary antioxidants, circulating antioxidant concentrations, total antioxidant capacity, and risk of all-cause mortality: A systematic review and dose-response meta-analysis of prospective observational studies. *Adv Nutr*. 2018;9(6):701-716. 20. Luo J, Si H, Jia Z, Liu D. Dietary anti-aging polyphenols and potential mechanisms. *Antioxidants* (Basel). 2021;10(2):283. 21. USDA Database for the Isoflavone Content of Selected Foods. *USDA website*. https://www.ars.usda.gov/ARSSUserFiles/80400525/Data/isoflav/isoflav_R2-1.pdf. Accessed December 3, 2024. 22. Scott TM, Ogunbode O, McKay DL, Johnson EJ. Pistachio consumption increases macular pigment optical density in healthy adults: A randomized controlled trial. *J Nutr*. 2025;155(1):168-174.

PISTACHIOS DELIVER:



**160 CALORIES—THE
LOWEST CALORIE NUT
PER SERVING***



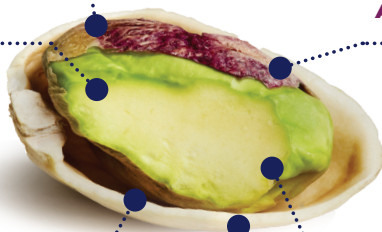
**LUTEIN TO HELP
MAINTAIN EYE
HEALTH²²**



**THE LARGEST
SERVING SIZE OF
ANY NUT—49 NUTS**



**MORE
ANTIOXIDANTS THAN
BLUEBERRIES^{13,14}**



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



**ISOFLAVONES, WHICH MAY
REDUCE HOT FLASHES
IN SOME WOMEN DURING
MENOPAUSE^{1,21***}**

*Along with almonds and cashews.

**Along with almonds.

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

DISCOVER A WEALTH OF PISTACHIO RECIPES AT
www.americanpistachios.org/recipes-and-snacking

AS SEEN ON
The Drew Barrymore Show

