

GET TO KNOW THE POWERFUL PISTACHIO



THE DEEP PURPLE IN THE SKIN COMES FROM ANTHOCYANIN

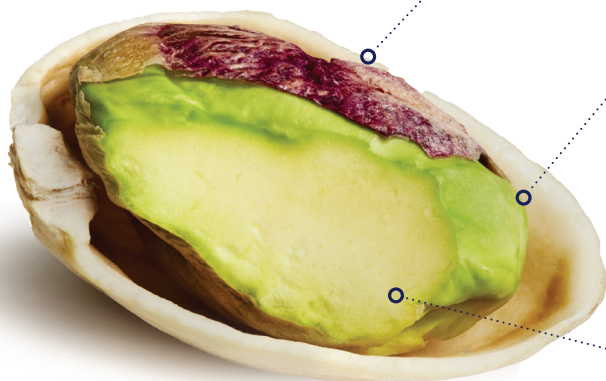
Anthocyanins may also have antioxidant and anti-inflammatory properties.

YELLOW & GREEN ARE FOR LUTEIN (AND ZEAXANTHIN)

Emerging evidence shows that these carotenes may protect the eyes from sun damage and some types of macular degeneration, acting as "internal sunglasses."

EGCG CONTRIBUTES YELLOW HUES

EGCG (epigallocatechin gallate) may protect our cells from oxidative damage from free radicals.



THE LOWEST CALORIE NUT

Along with almonds, pistachios have just 160 calories per one ounce serving

THE LARGEST SERVING SIZE OF ANY NUT

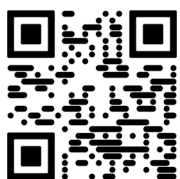
One serving is 49 deliciously satisfying pistachios



MORE ANTIOXIDANTS THAN BLUEBERRIES^{1,2}

American pistachios are a **POWERHOUSE OF IMPORTANT VITAMINS, MINERALS AND NUTRIENTS** that can help support your weight management efforts.


SNACKS & RECIPES



Scan this QR code for delicious and nutrient-rich snacks and recipes courtesy of American Pistachio Growers



RESEARCH SUGGESTS PISTACHIOS CAN HELP WITH WEIGHT MANAGEMENT

-  You can eat pistachios as a snack and still lose weight.³
-  Snacking on pistachios does not lead to weight gain—instead they increase your intake of key nutrients.^{4,5}
-  People who eat more than three servings of nuts per week, including pistachios, have a lower incidence of obesity.⁶



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.

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

1. 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. <https://doi.org/10.3390/nu14153002>. 2. Wolfe KL, et al. "Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements." Journal of Agriculture and Food Chemistry. (2007); 55:8896-8907. 3. Rock, Cheryl L., et al. Effects of Pistachio Consumption in a Behavioral Weight Loss Intervention on Weight Change, Cardiometabolic Factors, and Dietary Intake. Nutrients, vol. 12, no. 7, July 2020, p. 2155. <https://doi.org/10.3390/nu12072155>. 4. Bellisle, France, F, et al. A randomized controlled pilot study to assess effects of a daily pistachio (Pistachia vera) afternoon gouter on next meal energy intake, satiety and anthropometry in healthy women. JFN2017/1230. Nutrients 2019, 11, 767; doi:10.3390/nu11040767 5. Fantino, M et al. A randomized controlled study to assess Pistachio Intake, Satiety and Body Weight Control in Healthy Adult Women. Appetite 2020 Jan, <https://doi.org/10.1016/j.appet.2019.104483> 6. Ibarrola-Jurado N, Bulló M, Guasch-Ferré M, Ros E, Martínez-González MA, Corella D, Fiol M, Wärnberg J, Estruch R, Román P, Arós F, Vinyoles E, Serra-Majem L, Pintó X, Covas MI, Basora J, Salas-Salvadó J; PREDIMED Study Investigators. Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. PLoS One. 2013;8(2):e57367. doi: 10.1371/journal.pone.0057367. Epub 2013 Feb 27. PMID: 23460844; PMCID: PMC3583833