Pistachios have protein, beneficial fats, fiber and other important nutrients your body needs every day. Current research highlights key health and nutrition properties of pistachios.¹

**Blood Sugar Control:**
- High fiber, healthy fats, and health protective compounds in pistachios may help maintain healthy blood glucose levels
- Pistachios are low in carbohydrates and don’t significantly raise blood sugar after eating (low glycemic index)
- Adding pistachios to a high glycemic meal like potatoes and pasta help reduce glycemic response
- When added to a meal in place of high-carb food, pistachios may help improve blood glucose control over time
- Pistachios may help manage blood sugar in women with gestational diabetes