ANTIOXIDANTS
Pistachios have many different forms of antioxidants, including gamma-tocopherol (vitamin E), polyphenols and the carotenoids lutein and zeaxanthin. The antioxidant capacity of pistachios rivals that of foods most commonly thought of as high in antioxidants, including blueberries, pomegranates and red wine.

According to new research, pistachios are very high in antioxidants and studies also show that eating pistachios increases the level of antioxidants in the blood while decreasing markers of oxidative stress.²

SOURCE OF COMPLETE PROTEIN
Researchers recently looked at the protein quality of American-grown pistachios and found that it qualifies as a complete protein.³ Pistachios contain all nine essential amino acids needed for growth and development for those ages five and older and are one of the few plant-based sources of complete protein.

WEIGHT MANAGEMENT
Pistachios contain healthy fat and are a good source of fiber. Research suggests that people on a weight loss plan can eat pistachios as a calorie-controlled snack and still lose weight.³ 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.⁴ 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.⁶,⁷
**DIABETES**

Research has shown that women with prediabetes and gestational diabetes had a lower increase in blood sugar after eating pistachios when compared to eating whole wheat bread.8,9 A research review found that 50-57 grams of pistachios daily for 1-4 months may lead to improved fasting glucose, fasting insulin and insulin resistance.10 Not only are pistachios a low-carbohydrate food with fat, 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.11

**HEART HEALTH**

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may lower the risk of heart disease. Numerous studies have looked at the effect of pistachios on heart health and found that eating pistachios daily (1 – 3 ounces) may help to reduce risk factors for heart disease, including blood pressure and arterial stiffness.13,14,15

**SPORTS NUTRITION**

Pistachios may help to reduce delayed onset of muscle soreness while helping to maintain muscle strength, according to emerging research in elite athletes.16

**ANTI-MICROBIAL PROPERTIES**

In vitro research has shown that pistachio extracts have a strong anti-bacterial and anti-viral activity. Specifically, pistachio extracts were effective in killing Listeria monocytogenes, Staphylococcus aureus and MRSA. Additionally, pistachio polyphenol-rich extracts were found to have remarkable inhibitory activity against herpes simplex virus type 1.17

For more information on the health benefits of pistachios, visit: https://americanpistachios.org/nutrition-and-health.