

# GET TO KNOW THE POWERFUL PISTACHIO



## THE DEEP PURPLE IN THE SKIN COMES FROM ANTHOCYANIN

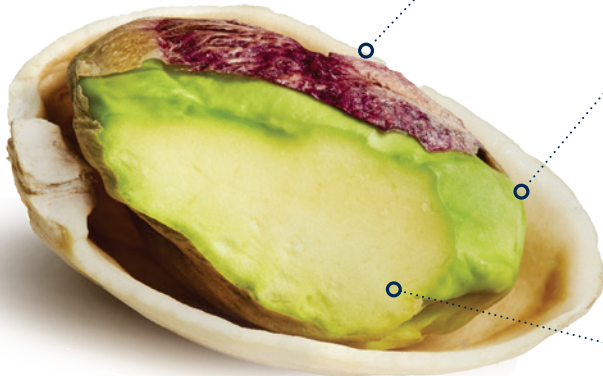
Anthocyanins may also have antioxidant and anti-inflammatory properties.

## 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<sup>1,2</sup>**

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.<sup>3</sup>

 Snacking on pistachios does not lead to weight gain—instead they increase your intake of key nutrients.<sup>4,5</sup>

 People who eat more than three servings of nuts per week, including pistachios, have a lower incidence of obesity.<sup>6</sup>



## Nutrition Facts

1 serving per container  
Serving size 1oz/49 kernels (28g)

Amount per serving		160
		% Daily Value*
<b>Total Fat</b>	13g	17 %
Saturated Fat	1.5g	8 %
TransFat	0g	
Polyunsaturated Fat	4g	
Monounsaturated Fat	7g	
<b>Cholesterol</b>	0mg	0 %
<b>Sodium</b>	120mg	5 %
<b>Total Carbohydrate</b>	8g	3 %
Dietary Fiber	3g	11 %
Total Sugars	2g	
Includes 0g Added Sugars		0 %
<b>Protein</b>	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	mg	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); 55:8996-8907. 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