



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. But if your patients are looking to manage their weight, have better control over their blood sugar, or if they eat a mostly plant-based diet, there are good reasons to make pistachios their nut of choice.

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 counseling tool, focused on the anatomy of the American pistachio, and a convenient tear sheet, that we hope you will share with patients.

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

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American Pistachio Growers



WE WANT YOUR FEEDBACK!

Let us know what you think about American pistachios and this program. Visit 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 from Amazon.com. See PulseConnect terms of service at pulseconnect.me.

PISTACHIOS PACK A PROTEIN PUNCH



Pistachios are a source of complete protein.¹ They have all 9 essential amino acids necessary for overall health for ages 5 and up.



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 one of the few plant-based sources of protein.



Pistachios are a high-quality protein source for people following a plant-based, vegetarian, or vegan diet.²



Pistachios are a convenient, portable snack that can be eaten on the go. This makes them a great option for boosting protein intake, especially for patients following a plant-based diet.

1. Bailey, H. M., & Stein, H. H. (2020). Raw and roasted pistachio nuts (*Pistacia vera* L.) are "Good" sources of protein based on their digestible Indispensable amino acid score (DIAAS) as determined in pigs. *Journal of the Science of Food and Agriculture*. <https://doi.org/10.1002/jsfa.10429> 2. Derbyshire E, Higgs J, Feeney M, Carughi A, Believe It or Not: Why It's Time to Set the Record Straight on Nut Protein Quality. *Pistachio (Pistacia vera L.) Focus. Nutrients*. 2023 Apr 30;15(9):2158. doi:10.3390/nu15092158. PMID: 37432263 PMCID: PMC10181398.

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.^{4,5}



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.⁶



The correct 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.⁷

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/nu1040767. 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: PMC3563833. 7. Flores-Mateo G, et al. *Am J Clin Nutr*. 2013;97:1346–1355

PISTACHIOS MAY HELP MANAGE BLOOD GLUCOSE LEVELS



Research suggests that eating pistachios may help to decrease blood glucose and insulin in people with prediabetes.⁸



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.⁹



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.¹⁰



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.¹¹



American Pistachio Growers has contributed to nutrition research resulting in more than 54 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

8. Hernandez A, et al. Beneficial effect of pistachio consumption on glucose metabolism, insulin resistance, inflammation, and related metabolic risk markers: a randomized clinical trial. *Diabetes Care* doi: 10.2337/dci14-1431. **9.** 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 Jun;65(6):696-702. doi: 10.1038/ejcn.2011.12. Epub 2011 Mar 2. PMID: 21364607. **10.** Ribeiro PJM, Silva A, Almeida AP, Hermsdorff HH, Alfenas RC. 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. doi: 10.1080/10408398.2017.1392290. **11.** Mandalari G, Barreca D, Gervasi T, Roussel MA, Klein B, Feeney MJ, Carughi A. Pistachio Nuts (*Pistacia vera* L.): Production, Nutrients, Bioactives and Novel Health Effects. *Plants (Basel)*. 2021 Dec 22;11(1):18. doi: 10.3390/plants1010018. PMID: 35009022; PMCID: PMC8747606.

SEE HOW PISTACHIOS COMPARE

Pistachios can help individuals maintain good health, support an active lifestyle and reduce the risk of nutrition-related diseases.

Research suggests that pistachios have numerous health benefits. Pistachios contain health-boosting antioxidants and other important nutrients. They can help promote heart health, support weight management and a healthy diet, and improve blood sugar and insulin sensitivity.

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 %

*Trans*Fat 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.



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	mg	329	7	26	0

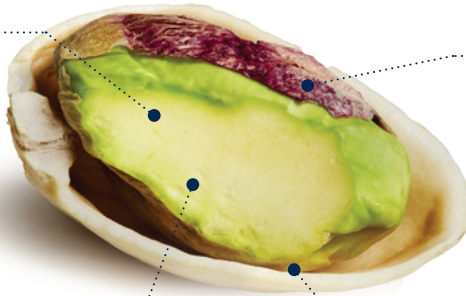
PISTACHIOS DELIVER:



THE LOWEST CALORIE NUT PER SERVING*



MORE ANTIOXIDANTS THAN BLUEBERRIES^{12,13}



THE LARGEST SERVING SIZE OF ANY NUT —49 NUTS



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



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

¹². 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>. ¹³. 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.

*Along with almonds.

COOKING WITH PISTACHIOS!

American pistachios are a delicious and versatile nut that can add important nutrients to everything from snacks and appetizers to entrées and desserts.



APPETIZERS



DESSERTS



SIDE DISHES



BREAKFAST



ENTREES



SNACKS

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

