



From Cognitive Function, to Gut and Skin Health, Emerging Research Examines the Health Benefits of Pistachios

Pistachios are widely known for their health benefits that can positively influence blood sugar, weight management, heart health and immunity. A new research review, published in the journal *Plants*, reveals the multitude of health benefits provided by pistachios and how they can play a role in improving whole body health.¹

Researchers examined the whole-body benefits of pistachios in the following ways:

[CLICK HERE](#) TO READ ABOUT THE BENEFITS

¹ Mandalari, G., Barreca, D., Gervasi, T., Roussel, M. A., Klein, B., Feeney, M. J., & Carughi, A. (2022). Pistachio Nuts (*Pistacia vera* L.): Production, Nutrients, Bioactives and Novel Health Effects. *Plants*, 11(1), 18. <https://doi.org/10.3390/plants11010018>

CELEBRATING NATIONAL NUTRITION MONTH

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Every March, the Academy of Nutrition and Dietetics embraces a theme to learn more about building healthy habits. This year's theme celebrates flavors from around the world, *Celebrate a World of Flavors*, by embracing a diversity of cultures and cuisines. By celebrating flavors around the world, the Academy highlights the importance that all cultures have healthy foods that can be enjoyed all year long.

As health professionals, it's important for us to encourage people to build sustainable habits that work for their lifestyle. One of the keys to building successful habits is to create nutritious meals and snacks that are accessible and packed with flavor. It is also an opportunity to incorporate traditional, cultural foods, which helps to nourish our bodies and honor the diversity in our communities.

Here are some simple tips from the Academy of Nutrition and Dietetics to get you or your clients started.

[CLICK HERE](#) FOR THE SIMPLE TIPS



Academy of Nutrition and Dietetics

HEALTH AWARENESS CALENDAR

April

World Health Day April 7
World Immunization Week April 24 - 30
Every Kid Healthy Week April 25 - 29

May

National Nurses Month
Older Americans Month
Healthy Vision Month
World Hand Hygiene Day May 5
National Women's Health Week May 8 - 14

June

Men's Health Month
Alzheimer's & Brain Awareness Month
World Blood Donor Day June 14

FIND AMERICAN PISTACHIO GROWERS AT THESE CONFERENCES

GERMANY

Ernährungs umschau Sport Nutrition Conference

– April 1, Bremen

The German Association of Dietitians (VDD)

– May 12 - 14, Wolfsburg

SPAIN

Jornada Alimentacion Valencia 2022 (National Food Day)

– March 3 - 4, Valencia

Congreso Personal Trainer

– May 27 - 28, Madrid

U.K.

The Nutrition Society, Scottish Section Conference 2022

– April 4 - 5, Edinburgh and virtual

CHINA

Chinese Nutrition Society Training Course

– May, virtual

U.S.

Today's Dietitian

– May 22 - 25, Bonita Springs, FL

Collegiate & Professional Sports Dietitians Association (CPSDA)

– May 16 - 18, Scottsdale, AZ

AMERICAN PISTACHIO RECIPES



MARKET RUCOLA & WILD CRESS SALAD WITH PISTACHIO AILLADE

[RECIPE](#)



PISTACHIO CRUSTED SEA SCALLOP WITH WILD MUSHROOMS AND RED WINE FUMET

[RECIPE](#)



SPRINGTIME PISTACHIO MARINADE

[RECIPE](#)



PISTACHIO MACAROON TART

[RECIPE](#)

STAY IN TOUCH

Tell your story and receive a pound of pistachios! Share your story on how pistachios have improved yours or someone else's health and if we use your story in *Nutrition Unshelled*, we'll send you a pound of pistachios! Email your story and contact information to info@americanpistachios.org



American Pistachio Growers,

a non-profit voluntary agricultural trade association representing 800 pistachio farmers in California, Arizona and New Mexico.

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For more information on pistachio research and delicious recipes, visit AmericanPistachios.org