

8 Reasons Active Women in Menopause Should Snack on Pistachios

Pistachios aren't just a snack. They're a nutrient-dense, clinically studied food that supports the most common concerns during menopause.



Here are 8 reasons pistachios belong in a menopause snack routine.*

1. Provides cardiometabolic benefits when women need them most.
2. Offers meaningful weight management support without restriction.
3. Has essential nutrients for strong bones, muscles, and healthy aging.
4. Has lutein for midlife eye health.
5. Is a source of isoflavones: a natural ally for menopause hot flashes.+
6. Hardworking antioxidants for healthy aging from the inside out.
7. Provides nutrients and bioactive compounds to support brain function and emotional well-being as we age.
8. Has fiber to help fuel digestive health during menopause.



Protein Needs During Menopause*

Studies show **women going through menopause need to eat more protein**,[^] including from plant sources, to preserve muscle mass and strength as estrogen levels decline.

One way to help meet daily protein goals is by **choosing foods that provide complete protein**, those that contain all nine essential amino acids the body cannot make on its own.



Scan to access
the new pistachios
and menopause
information hub
with science-backed
tools for professionals
and patients



Pistachios are one of the few plant-based foods that naturally provide complete protein, making them a simple, tasty option for adding high-quality plant protein to the diet.

49 Nuts 

6g Protein
3g Fiber

1 oz.
Serving

160
Calories

*All scientific references provided on menopause landing page that can be scanned by accessing the available QR code. +Pistachios have 1 mg isoflavones per serving and should be combined with other foods to reach daily goal of 50-100 mg isoflavones. ^1-1.2 g/kg body weight (20% of energy), with regular exercise with free weights or against resistance.