Researchers recently discovered that eating as much as 20% of calories from pistachios may not lead to weight gain, but it may provide the added benefit of improving blood pressure, among other perks.1

Scientists asked a group of healthy 20-something women to include a couple servings of pistachios to their daily diet – up to 1/5 of their daily calorie needs.

After 10 weeks, women experienced no changes in weight, waist circumference or body mass index.

Moreover, research supported by the USDA suggests that pistachios may have even fewer calories than previously thought.3

Previous studies suggest that having to manually remove the shell from pistachios help you manage how many you eat without compromising fullness.2

Emerging research shows that people with extra body weight can also benefit from eating pistachios – folks who munched on pistachios lost weight and improved their triglyceride levels (blood fats).4

PISTACHIOS are one of the LOWEST CALORIE NUTS WITH ONLY 160 CALORIES IN A SINGLE OUNCE, which is the equivalent of about 49

Some people still worry that adding pistachios to their diet will result in weight gain, but here’s what the science says about American pistachios.

References: