Whether you're a casual fitness enthusiast or an athlete, you know that the foods you use to fuel your body can impact your ability to recover from exercise. But did you know that a powerful recovery tool might be waiting for you inside that little green snack in a shell, otherwise known as pistachios?

The ideal post-exercise snack is one that is tasty, portable, satisfies your hunger, and supplies your body with energy and the important nutrients it needs to refuel. Pistachios are a powerhouse of important vitamins, minerals and nutrients to help support active lifestyles.

**PISTACHIOS’ POWER NUTRIENTS**

- **Magnesium**: supports healthy nerve function
- **Complete Protein**: helps build muscle
- **Fiber**: helps promote healthy digestion
- **Copper**: helps keep skin healthy
- **Phosphorus**: helps support bone health
- **Potassium**: helps muscle function
- **Lutein**: helps protect eyes from sun damage
- **Iron**: helps supply your body with oxygen
- **B vitamins**: helps convert food to fuel
- **Manganese**: supports formation of connective tissue
- **AmericanPistachios.org**