

The POWER of PISTACHIOS



Pistachios contain 660ng/gram of melatonin, more than most fruits, vegetables, cereals, legumes and seeds.

According to the FDA, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Pistachios, with 6g protein, are a complete and "good source" of protein with 10% DV, and contain all the essential amino acids. Gram for gram pistachios have as much protein as an egg.

A one-ounce serving of pistachios equals 49 nuts — more per serving than any other snack nut.

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%
TransFat 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.

Pistachios, like olive oil, primarily contain monounsaturated fat. The Dietary Guidelines for Americans recommend you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.

You can obtain about as much dietary fiber from a serving of pistachios (2.9g, 12%) as from a 1/2 cup cooked broccoli (2.5g, 10%)

2 oz of pistachio kernels has more potassium (580mg, 16 percent DV) than a large banana (487mg, 14 percent DV).

Pistachios contain more than 10% of the Daily Value (DV) of protein, dietary fiber and essential vitamins and minerals like B6, thiamin, copper and phosphorus.

Pistachios are a naturally cholesterol-free snack that contain only 1.5g of saturated fat.



AmericanPistachios.org