Eating pistachios while dieting has been linked to better WEIGHT LOSS outcomes, lower body fat & reduced waist circumferences.

Researchers found the protein and fiber in pistachios combined with a low glycemic index helps curb hunger pangs and slows the rise in blood glucose levels after meals.

Numerous studies have shown nut consumption is not associated with weight gain or increased obesity risk.

Studies suggest pistachios may help people with diabetes manage blood glucose levels due to their low glycemic index, low saturated fat, fiber, and healthy fats.

The minerals in pistachios, such as potassium, magnesium, calcium, copper, and manganese, may benefit blood pressure.

The phytosterols in pistachios may help to improve lipid profiles (lower bad cholesterol, raise good cholesterol).

Studies show that people who regularly eat nuts, including pistachios, tend to have higher-quality diets.

Phenolic compounds, which function as antioxidants, are found in pistachios and may help promote a healthy heart.

The combination of vitamins and minerals found in pistachios may help promote bone health. Pistachios contain Vitamin K, potassium, magnesium, calcium, copper, and manganese.

Lutein and zeaxanthin – responsible for pistachios’ yellow & green hues – may protect against age-related macular degeneration (vision loss).

Pistachios contain about 13x more lutein and zeaxanthin than the next highest nut. These phytochemicals have been associated with a lower risk of some types of cancer.