

# The POWER of PISTACHIOS®



## FACT SHEET

### NUTRITION FACTS

SERVING SIZE  
1 OZ. (28.35 G) OR

49 ROASTED/SALTED PISTACHIO KERNELS

#### Amount Per Serving

Calories 160    Calories from Fat 120

		% Daily Value*
<b>Total Fat</b>	13g	20%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Polyunsaturated Fat	4g	
Monounsaturated Fat	7g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	120mg	5%
<b>Potassium</b>	290mg	8%
<b>Total Carbohydrate</b>	8g	3%
Dietary Fiber	3g	12%
Sugars	2g	
<b>Protein</b>	6g	
Vitamin A	2%	Vitamin C 2%
Calcium	4%	Iron 6%
Vitamin E	2%	Thiamin 15%
Vitamin B <sub>6</sub>	15%	Folate 4%
Phosphorus	15%	Magnesium 8%
Zinc	4%	Selenium 4%
Copper	20%	

\*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on your calorie needs. Data from the USDA National Nutrient Database for Standard Reference, Release 27 (2014).

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 contain **more than 10% of the Daily Value of dietary fiber and essential vitamins and minerals** like B6, thiamin, copper and phosphorus.

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



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** (570mg, 16 percent DV) **than a large banana** (487mg, 14 percent DV)

Pistachios, with 6g of protein, are considered **part of the protein group** according to the USDA MyPlate.

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



AmericanPistachios.org

# MORE REASONS TO EAT AMERICAN PISTACHIOS

Pistachios have protein, beneficial fats, fiber and other important nutrients your body needs every day. Current research highlights key health and nutrition properties of pistachios.<sup>1</sup>



## DIET QUALITY

### Diet Quality:

- ✔ Pistachio eaters tend to have better diets overall and eat more fiber, vitamins and minerals
- ✔ Pistachios are rich in plant compounds with health protective activity, such as phenolic compounds, carotenoids, and phytosterols
- ✔ Pistachios are a plant source of protein (and the amino acid arginine) and are lower in fat and carbohydrates than most nuts



## WEIGHT MANAGEMENT

### Weight Management:

- ✔ Pistachios are 5 percent lower in calories than estimated previously
- ✔ Research shows that eating pistachios is not associated with weight gain or obesity and is linked with reduced waist circumference
- ✔ Some studies show that choosing in-shell pistachios (opposed to unshelled) may result in reduced calorie intake due to the visual cue of empty pistachio shells



## BLOOD SUGAR CONTROL

### Blood Sugar Control:

- ✔ High fiber, healthy fats, and health protective compounds in pistachios may help maintain healthy blood glucose levels
- ✔ Pistachios are low in carbohydrates and don't significantly raise blood sugar after eating (low glycemic index)
- ✔ Adding pistachios to a high glycemic meal like potatoes and pasta help reduce glycemic response
- ✔ When added to a meal in place of high-carb food, pistachios may help improve blood glucose control over time
- ✔ Pistachios may help manage blood sugar in women with gestational diabetes



## HEART HEALTH

### Heart Health:

- ✔ According to recent research, certain nutrients in pistachios may support heart health by lowering LDL (bad) cholesterol, blood pressure, oxidative stress and inflammation, and improving endothelial function

<sup>1</sup> <http://www.AmericanPistachios.org/nutrition-and-health>