



# Stars Go “Nuts” For U.S. Pistachios

Move over Atkins, Zone and South Beach!

Hollywood is “Going Green” with Heart-Healthy Pistachios

Actor **Dennis Quaid** is In Good Company with his love for pistachios. **Rex Lee** and his Entourage enjoy snacking on the healthy nuts as do *Mad Men*, **Vincent Kartheiser**, **Michael Gladis**, **Rich Sommer** and **Aaron Staton**. **Kristen Bell** and **Dania Ramirez** are Heroes amongst the Hollywood elite, supporting the American Heart Association (AHA) and the American Diabetes Association (ADA) through snacking on heart-healthy pistachios, and **Karina Smirnoff** keeps her Dancing with the Stars figure by incorporating pistachios into her daily diet! **AnnaLynne McCord**, **Kellan Lutz** and **Jessica Lowndes** are also helping to spread the word across the 90210 zip code and beyond.

These pistachio-loving celebrities along with many others are lending a hand to help support the health and nutritional benefits of tasty, heart-smart US pistachios. Aside from being a delicious snack and flavorful ingredient in many dishes, US pistachios are also proven to help lower cardiovascular risk factors when eaten daily, as well as stabilize blood sugar levels, which is an important factor in the prevention of diabetes.

In an unprecedented fundraising campaign, the Western Pistachio Association (representing growers of US pistachios) will be putting “their green” to a good cause. **Every time famous stars of the big and small screen share their love for pistachios with the public, a \$500 donation will be made in the star’s name to the American Heart Association or American Diabetes Association!**

## Fast Facts about Pistachios

- Pistachios have been proven to lower cholesterol levels and decrease the risk of heart disease.
- Pistachios can lower or help maintain already-low blood sugar levels, an important factor in preventing diabetes.
- Pistachios are proven by leading researchers at Penn State University to help reduce the body’s biological response to stress (<http://live.psu.edu/story/34873>).
- A single serving of pistachios has a comparable amount of potassium to a small banana.
- Forty-nine pistachios serve up to 20 percent of your daily value of B6, about the same as half an avocado.
- The amount of fiber in one serving of pistachios (3g) is the equivalent of eating about 1/2 cup of broccoli.
- Just a single serving of pistachios provides you with the same amount of protein in a one-ounce serving of soybeans.

# Hollywood is "Nuts" for U.S. Pistachios



Dennis Quaid



Rich Sommer & Vincent Kartheiser



AnnaLynne McCord

Robbie Amell (Disney actor)  
Dave Annabelle (Brothers and Sisters)  
Tom Arnold (Comedian)  
Shawn Ashmore (X-Men)  
Kristen Bell (Veronica Mars, Heroes)  
Monique Coleman (High School Musical)  
Thomas Dekker (Sara Conner Chronicles)  
Shannon Elizabeth (American Pie)  
Ethan Embry (Can't Hardly Wait)  
Michael Gladis (Mad Men)  
Melora Hardin (The Office)  
Derek Hough (Dancing with the Stars)  
Angus Jones (Two and a Half Men)  
Vincent Kartheiser (Mad Men)  
Regina King (Jerry McGuire)  
Robert Knepper (Prison Break)  
Christine Lakin (Valentine)  
Ali Landry (Model, Actress)  
Brooke Langton (Bold & the Beautiful)  
C.S. Lee (Dexter)  
Rex Lee (Entourage)  
Tom Lenk (Eli Stone)  
Jessica Lowndes (New 90210)  
Kellan Lutz (New 90210)  
Benito Martinez (The Shield)  
AnnaLynne McCord (New 90210)  
Neal McDonough (Minority Report)  
James Pickens (Grey's Anatomy)  
Stephanie Pratt (The Hills)  
Dennis Quaid (Actor)  
Maeve Quinlan (New 90210)  
Dania Ramirez (Heroes)  
Kathleen Robertson (90210)  
Karina Smirnoff (Dancing with the Stars)  
Rich Sommer (Mad Men)  
Aaron Staton (Mad Men)  
Marlon Wayans (Comedian)  
Aaron Yoo (Disturbia, 21)  
Daniel Zelman (Writer)



Melora Hardin



Karina Smirnoff



Tom Arnold

