

Be good to your heart...living & snacking the heart-healthy way.

It's no secret that taking good care of yourself is important for a long and healthy life. To reduce your risk of chronic disease, pay close attention to your diet and lifestyle, and make sure you are incorporating enough physical activity into your day.

You can be good to your heart by lowering your intake of saturated fat and cholesterol, switching to monounsaturated fats, and eating a variety of foods in moderate amounts. In fact, some of the foods you eat can help you receive the nutrients you need and may also help you reduce the risk of certain diseases, like heart disease.

Obesity (more than 20% over your ideal weight) is the second leading cause of preventable death, contributing to serious health problems, such as heart disease and stroke. The National Academy of Sciences recommends that adults achieve 60 minutes of physical activity each day. That's a tall order, but one that we can all work toward, one step at a time.

In July 2003, the FDA approved the first qualified health claim for food stating, "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."

This is great news for pistachio lovers! Being naturally cholesterol free and having just 1.5g of saturated fat per serving, pistachios can easily fit into a diet that addresses heart health head-on.

Start today! "Be good to your heart" and read on to find out more about snacking, fitness, lifestyle and heart health. Let's all make it our goal to "live and snack the heart-healthy way!"



Being Good To Your Heart

To "be good to your heart," it all comes down to a healthy, active lifestyle – maintaining a healthy weight by what you eat and your level of physical activity.

- ♥ Set a fitness goal that's realistic so you'll stick to it.
- ♥ Consider a "Mediterranean diet" plan with fat coming from primarily monounsaturated fat like olive oil and nuts. This diet has been associated with lowered heart disease risk.
- ♥ Grab a co-worker and take a walk before lunch.
- ♥ The fat in most nuts – such as pistachios – is primarily monounsaturated, which can help lower cholesterol levels and lead to a reduced risk of heart disease.
- ♥ Pistachios contain phytochemicals like beta-sitosterol, which are associated with lowering heart disease and cancer risks.

"Let food be thy medicine, thy medicine shall be thy food."

Hippocrates, 460-377 BC

- ♥ When you exercise, give your heart a workout. Remember, it's a muscle, too. A strong heart pumps blood and nutrients more easily.
- ♥ Did you know that pistachios are relatively high in the amino acid arginine? Arginine appears to help keep arteries flexible and enhance blood flow.
- ♥ Because nuts, including pistachios, are low carbohydrate foods that contain predominantly monounsaturated fat, there may be a potential to help control diabetes, which is a major risk factor of heart disease.
- ♥ Know your target heart rate zone and choose activities that promote cardiovascular exercise by keeping within your target zone.



- ♥ Place pistachios in the "center of the plate" for vegetarian dishes. A plant-based or vegetarian diet can reduce risk for several chronic diseases, including coronary artery disease, hypertension, diabetes, and some types of cancer.
- ♥ Keeping off excess weight will help lower levels of harmful LDL cholesterol. Research has found that people who consumed moderate amounts of monounsaturated fat not only lost weight but also were able to maintain their weight loss much longer than people who followed a traditional low-fat diet.

♥ Find a fitness buddy. Having someone to encourage you will help you stick with your routine, helping you to look and feel better.

♥ Get the whole family involved! Schedule a regular after dinner walk and enjoy the quality time together.

♥ Help prevent heart disease by getting enough fiber. A serving of pistachios contains 12% of the recommended daily value of dietary fiber.

♥ Consider the "Dietary Approaches to Stop Hypertension" or DASH eating plan that has shown to protect against high blood pressure, another major risk factor for heart disease. DASH recommends 4 - 5 servings of nuts a week as part of an eating plan low in total fat, saturated fat and cholesterol.

♥ Focus on healthful eating, not "dieting." The word "diet" implies short term, whereas healthful eating means a lifelong commitment.

49

of pistachios equals 49 nuts – more per serving than any other snack nut.

- ♥ Grab a handful! In fact, according to the USDA, a one-ounce serving of pistachios equals 49 nuts – more per serving than any other snack nut.
- ♥ When craving a snack, look for foods that offer nutritional benefits and taste great – like pistachios. A serving of pistachios contains more than 10% of the daily value for dietary fiber, vitamin B-6, thiamin, phosphorus and copper.
- ♥ The key to including nuts in the diet without adding extra calories



Heart-Smart Snacking

Today snacking is more important for our overall health, since snacks make a significant contribution to what we consume daily. With a little bit of planning, snacking can be part of the solution to achieving heart health.

is portion control. Store 49 pistachios in individual bags that are ready to grab and go.

- ♥ Research suggests that because nuts are nutrient dense they satisfy you longer, which may prevent you from overeating at mealtime.
- ♥ Mix shelled pistachios with your favorite dried fruits and pretzels for a tasty and nutritious snack.
- ♥ Keep heart-healthy snacks with you wherever you go. Pack pistachios in your purse, desk, backpack, briefcase, or in your car.
- ♥ Keeping fresh fruit, vegetables and our favorite – pistachios – in plain sight will help keep you on track for heart-healthy snacking.



RECIPE FOR HEART HEALTH

California Pistachio Pasta Salad

Ingredients:

6 oz.	Rotini or shell macaroni	1 cup	Blanched pea pods
¼ tsp.	Salt	¼ cup	Roasted/salted California pistachios, chopped
2 cups	Fresh spinach, torn		
1 cup	Chopped tomato	¼ tsp.	Black pepper
		½ cup	Parmesan cheese

Dressing: Combine the following to make ½ cup.

¼ cup	Olive oil	¾ tsp.	Crushed oregano
¼ cup	Red wine vinegar	⅓ tsp.	Garlic powder

Instructions: Add ¼ tsp. salt to boiling water. Cook rotini according to package directions; drain. Marinate hot rotini in oregano dressing; cool at room temperature. Combine with spinach, tomato, pea pods, pistachios and black pepper to taste. Sprinkle with Parmesan cheese. Makes 8 servings.

Nutritional Analysis (Amount per Serving): Calories 200, Total Fat 10g, Saturated Fat 2g, Monounsaturated Fat 6g, Polyunsaturated Fat 1.5g, Cholesterol 5mg, Sodium 230mg, Potassium 200mg, Total Carbohydrate 20g, Dietary Fiber 2.5g, Protein 7g
% Daily Value (Per Serving): 15% Vitamin A, 20% Vitamin C, 8% Calcium, 10% Iron, 15% Thiamin, 8% Vitamin B-6, 15% Folate, 10% Phosphorus, 8% Magnesium

