

**A PROVEN,**

*You may even reduce your risk of*

**CHOLESTEROL-FREE,**

*many chronic diseases including heart disease,*

**HEART-HEALTHY**

*high cholesterol and high blood sugar.*

**SUPER SNACK.**

Experts agree that the real key to healthy living is to strike a balance of eating right and exercising regularly. With smart diet and nutrition habits, you may reduce your risk of many chronic diseases including heart disease and high blood pressure, among others. Including pistachios in your daily diet is an easy way to improve your health. They are naturally cholesterol-free and are high in fiber, protein and monounsaturated fats, making them a nutritional “super snack.” A handful of these super nuts will not only hold you over until mealtime, but will improve your health in many ways.



**WESTERN PISTACHIO ASSOCIATION**

7030 N. Fruit Avenue, Suite 117  
Fresno, California 93711-0782  
Phone: 559.475.0435

[westernpistachio.org](http://westernpistachio.org)

**TIPS FOR LIVING HEALTHY**

- **Get out there and get moving!** Give your heart a workout. A strong heart pumps blood and nutrients more easily through your body.
- **Keep your weight down.** Losing excess weight will help lower cholesterol levels and prevent other heart disease risk factors.
- **Monitor your blood pressure.** High blood pressure can increase your risk of heart attack or stroke.
- **Stop smoking.** Smoking is not good for your health or your heart.
- **Control the risk for diabetes.** Because nuts - including pistachios - are low carbohydrate foods that contain predominantly monounsaturated fat and are a good source of fiber, there may be a potential to help control blood sugar levels.
- **Stay balanced.** Eat a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.



### Heart Health

A new ground-breaking study conducted through Penn State University showed that eating pistachios reduced bad (LDL) cholesterol, total cholesterol, blood pressure and inflammation in the body, and increased antioxidant levels in the blood.

There are  
**FORTY-NINE PISTACHIOS =**  
in one serving.

### Blood Sugar

The University of Toronto found that pistachios, when eaten with common high-carbohydrate foods, may actually slow the absorption of carbohydrates into the body, resulting in a lower than expected blood sugar level.

### Are pistachios really good for my heart?\*

Yes! In fact, recent nutrition studies have shown that pistachios can lower cholesterol levels and decrease the risk of cardiovascular disease. Pistachios primarily contain monounsaturated fat and some polyunsaturated fat, which are heart healthy and provide 61 mg of phytosterols per ounce – more than any other nut! They also provide antioxidants, which are important for heart health.

### Can pistachios help reduce the risk of diabetes?\*\*\*

Studies have shown that pistachios, when eaten with some common high-carbohydrate foods, can actually slow the absorption of carbohydrates into the body, resulting in a lower than expected blood sugar level. Keeping blood sugar under control is an important factor in preventing diabetes.

### Can pistachios really help lower stress?\*

Yes! It is shown that those who eat pistachios experience a significant reduction of the biological effects of acute stress, such as blood pressure. Pistachios also provide potassium, which is important in maintaining a healthy blood pressure.

### What are some easy ways to incorporate pistachios into my daily diet?

Keep some pistachios in the car when you're on the go to help you eat well wherever your day takes you. Use nuts like pistachios as a protein source on salads or in main dishes to replace meat or poultry. For some delicious and healthy recipes, visit [www.westernpistachio.org](http://www.westernpistachio.org).



### POTASSIUM

If you're looking for potassium, a single serving of pistachios serve up 8% of your daily value and is comparable to 1/2 of a large banana.

### VITAMIN B6

49 pistachios serve up 9% of your daily value, about the same as half an avocado.

### How many pistachios do I need to eat each day to enjoy the heart health benefits?\*

It only takes 1.5 servings of pistachios – approximately 74 nuts – to reap the heart health benefits (when paired with a healthy diet and regular exercise).

### FIBER

The amount of fiber in one serving of pistachios (3g) is 11% of your daily value and is equivalent to eating about 1/2 cup of broccoli.

### PROTEIN

Just a single serving of pistachios provides you the same amount of protein in one ounce of soybeans (6g).

\*\*Pistachios Reduce Blood Pressure and Vascular Responses to Acute Stress in Healthy Adults," Penn State University, 2007

\*\*\*Glycemic Response of Pistachios – A Dose Response Study and Effect of Pistachios Consumed with Different Common Carbohydrate Foods on Postprandial Glycemia," University of Toronto, 2007