



Research Letters of Intent

Pistachios and Health

The Western Pistachio Association is seeking Research Letters of Intent from public and private institutions of higher education, nonprofit organizations and others for its program, "Nutrition Research." The WPA is seeking letters of intent for research applications to enhance the understanding about the dynamic interrelationship that exists between pistachios and cardiovascular disease, metabolic syndrome and diabetes, weight management and satiety and antioxidants/bioactive food components (and/or combinations thereof) and cancer prevention.

Applications Due: Letter of Intent due by September 23, 2010. \$100,000-\$200,000 is available for the first year, which is through December 2010. Additional funds are available for multiyear projects.

Website: the announcement is posted at www.westernpistachio.org.

The Western Pistachio Association supports an ongoing nutrition research program that demonstrates the health benefits of pistachios and how eating pistachios can help maintain good health and reduce risk of nutrition-related chronic diseases. Current research priorities include:

1. Cardiovascular disease prevention; e.g., modification of key risk factors
2. Diabetes, diabetes prevention and metabolic syndrome
3. Phytochemical content of pistachios and linkages to health, heart disease, diabetes and cancer, especially flavonoids/polyphenols, beta-sitosterol, *gamma*-tocopherol, lutein, and potassium
4. Weight management and satiety; e.g., pistachios and vegetarian pistachio cuisine incorporated into diets for weight management; e.g., examine satiety, dietary compliance and maintenance of weight loss; the effects on energy intake, body composition and substitution for other foods also are a priority
5. Protein content of pistachios and linkage to health/allergies

Letter of Intent

A Letter of Intent should be no more than four pages. The letter will be reviewed by the WPA Nutrition Research Advisory Board, Nutrition Committee and Marketing Committee to determine whether a full proposal with further details will be requested.

Please include the following:

Project Title/Rationale

- ✓ Describe the new or continuing research topic to be investigated, including a brief review of the literature
- ✓ the benefits to the pistachio industry for pursuing this research track

Objectives/Methods

- ✓ **Include the hypothesis and objectives of the research**
- ✓ Describe the methods, including study sample, research design and outcomes measures

Timeframe/Budget (Please note: WPA's policy is to pay a maximum of 15% overhead/institution administration fees.)

Timelines and Benchmarks/Deliverables

- ✓ Include a cost estimate by category: personnel, supplies, laboratory tests, participant incentive
- ✓ Estimate quantity and type of pistachios/pistachio products needed for the study

Qualifications of Researcher/Institution

- ✓ Describe how your research experience supports the successful completion of the proposed study
- ✓ Describe the qualifications of the research personnel and institution to conduct the research

Send submission by e-mail no later than September 23, 2010 to:

Constance J. Geiger, PhD, RD, CD
Nutrition Consultant
Western Pistachio Association
Phone: 307.782.6837, 801.641.7343
e-mail: constanceigeiger@comcast.net

If your letter is reviewed favorably by the WPA, you will be asked to submit a full proposal with further details by October 21, 2010. Final funding decisions are made by the WPA. Funding would be available in late 2010. For additional information about pistachios' nutrient composition and research, visit www.westernpistachio.org