

American Pistachios, a "SUPERFOOD" FOR PEOPLE WITH DESK JOBS

**THREE RECENT STUDIES ARE GIVING
PISTACHIO LOVERS NEW REASONS
TO REACH FOR A HANDFUL OF PISTACHIOS**



**11AM 4PM
CRUNCH
TIME**
TIME FOR A HEALTHY
SNACK OF PISTACHIOS

STAY FOCUSED UNTIL LUNCH

A national survey of 1,000 American office workers who skipped breakfast consumed 42 grams of pistachios between 9:00 am and 11:00 am.

92 percent of the office workers reported the pistachio snack helped improve their concentration and 90 percent of them said the pistachio snack was healthier than what they usually snack on.



PISTACHIOS MAY IMPROVE BRAIN FUNCTION

A Loma Linda University study measuring brain waves after consuming several nuts indicated pistachios produced the greatest gamma wave response. Gamma waves are critical for enhancing cognitive processing, information retention, learning and perception.¹ This study indicates nuts, like pistachios are as good for your brain as they are for the rest of the body.²



A DAILY SNACK FOR A TRIM WAIST AND ADDED NUTRIENTS

A study conducted on healthy women in France, consumed either a pistachio snack or popular French cheese biscuit. The snacks were consumed for four weeks. Anthropometric measures were taken at the beginning and end of the study. Neither group had a significant change in weight, but the biscuit group had a slight increase in body fat while the group consuming pistachios trended toward a reduction in waist size after four weeks. The pistachio group also had a greater intake of nutrients important to women and men alike, such as thiamin, vitamin B6 copper and potassium.³

The protein biscuit group had a slight increase in body fat while the group consuming pistachios trended toward a reduction in waist size after four weeks.³



To learn more, visit AmericanPistachios.in

¹ Study Finds Consuming Nuts Strengthens Beneficial Brainwave Frequencies, Loma Linda University Health News <https://news.llu.edu/research/study-finds-consuming-nuts-strengthens-beneficial-brainwave-frequencies>

² Nuts and Brain Health: Nuts Increase EEG Power Spectral Density for Delta Frequency (1-3Hz) and Gamma Frequency (31-40 Hz) Associated with Deep Meditation, Empathy, Healing, as well as Neural Synchronization, enhanced Cognitive Processing, Recall, and Memory—All Beneficial for Brain Health. Berk, L., Lohman, E., Bains, G. et al. The FASEBJ., 31(1) Supplement 636.24 2017

³ Effects of a Daily Pistachio (Pistacia vera) Afternoon Gouter on Next Meal Energy Intake, Satiety, and Anthropometry in Healthy Women. Bellisle, F., Dougkas, A., Giboreau, A., et al. Presented at the Journee Francophones de Nutrition, Paris, December 14, 2017

 **AMERICAN
PISTACHIO GROWERS**

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