

"NUTRITION ATTRIBUTES & HEALTH EFFECTS OF PISTACHIOS"

highlights potential links between eating pistachios and many health benefits¹

Meet the powerful pistachio!

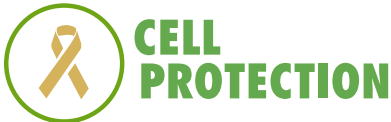


A research review published in **THE BRITISH JOURNAL OF NUTRITION** suggests that eating pistachios and other nuts does not cause weight gain or an increased risk of obesity when included in a healthy diet, and given the nutritional attributes of pistachios it is easy to see how they can be a useful part of a balanced and varied diet and active lifestyle – essential for good health.



EYE HEALTH

Pistachios are a **source of riboflavin** (vitamin B2) and zinc which contribute to the maintenance of normal vision. Lutein and zeaxanthin, (carotenoids) responsible for pistachios' yellow & green hues help shield eyes from harmful ultraviolet rays in sunlight.



CELL PROTECTION

Pistachios are a source of zinc, selenium, copper, manganese, riboflavin and vitamin E, nutrients that help protect cells from oxidative stress and may lead to healthy cellular aging and longevity in people with prediabetes.



GLUCOSE CONTROL

Pistachios are **high in chromium** which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. Studies suggest pistachios may also help people with diabetes due to their high fibre and healthy fats, and low glycaemic index. Pistachio nuts have a glycaemic index of less than 10.²



BONE HEALTH

Pistachios are **high in manganese & phosphorous and a source of protein, magnesium, zinc, vitamin K** all of which contribute to the maintenance of normal bones.



WEIGHT

Pistachios are **high in fibre, a source of protein** and have a low glycaemic index; research suggests that these attributes may be why pistachios can be useful as part of a balanced, weight management diet.



OVERALL HEALTH

Studies show that people who regularly eat nuts, including pistachios, tend to have higher-quality diets. Not surprising given that **pistachios are high in fibre, chromium, potassium, copper, manganese, phosphorous, thiamin and vitamin B6**; they provide a source of protein, magnesium, iron, selenium, zinc, riboflavin, vitamin E & K & folate; and contain oleic acid, linoleic acid and plant sterols.



HEART HEALTH

Pistachios are **high in mono-unsaturated fats and unsaturated fats**. Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels. Pistachios are also **high in thiamin** (vitamin B1) which contributes to normal function of the heart; and a **source of folate** which contributes to normal blood formation and homocysteine metabolism.



PLANT STEROLS

Pistachios have the highest **phytosterol** content among tree nuts, providing 210mg per 100g. Plant sterols contribute to maintaining normal blood cholesterol levels, with the beneficial effect obtained when at least 0.8g sterols or stanols are consumed daily.



BLOOD PRESSURE

Pistachios are **high in potassium** which contributes to the maintenance of normal blood pressure.

References:

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2 Kendall C, Josse A, Esfahani A, Jenkins D (2011) The impact of pistachio intake alone or in combination with high-carbohydrate foods on post-prandial glycemia. *European Journal of Clinical Nutrition*. 65; 696-702.



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