

THE SKINNY on AMERICAN PISTACHIOS

Some people worry that adding pistachios to their diet will result in weight gain, but here's what new science is saying about pistachios.

THE SCIENCE OF SKINNY



Researchers recently showed that **eating as much as 20% of daily calories from pistachios may not lead to weight gain**¹ when consumed as part of a varied and balanced diet and healthy lifestyle.

Here's the skinny...

Scientists asked a group of healthy 20-something women to include a couple of 28g servings of pistachios to their daily diet – 1/5 of their daily calorie needs.



After 10 weeks, women experienced no changes in weight, waist circumference or body mass index.



A previous study suggested that keeping the empty pistachio shells in sight beside any uneaten in-shell pistachios helps you to manage how many you eat without compromising fullness.²



Emerging research shows it's ok to include pistachios as portion-controlled snacks when included in weight management programmes – people who munched on pistachios (53g per day) as part of a calorie controlled diet reduced their BMI more than the group who snacked on pretzels over a 12 week period.³



THE SKINNY ON HEART HEALTH



Pistachios are a source of a range of nutrients that have a role to play on heart health:

They are a high source of unsaturated & monounsaturated fats. Replacing saturated fats with unsaturated fats in the diet, contributes to the maintenance of normal blood cholesterol.

Pistachios also contain linoleic acid, which contributes to the maintenance of normal cholesterol levels (beneficial effect is obtained with a daily intake of 10g of linoleic acid. 76g of pistachios provide 10g of linoleic acid).

Furthermore, they contain plant sterols, which contribute to the maintenance of normal blood cholesterol (beneficial effect is obtained from at least 0.8g of plant sterols/stanols per day. 100g of pistachios contains 0.21g of plant sterols).

Pistachios are also a high source of potassium which supports normal blood pressure; a high source of thiamine, which contributes to normal heart function; a high source of copper & manganese and a source of selenium, zinc, riboflavin & vitamin E which play a role in the protection of cells from oxidative stress; a source of iron which supports normal oxygen transport in the body; a high source of vitamin B6 & source of folate, which contribute to the normal metabolism of homocysteine; and a high source of chromium, which contributes to maintaining normal blood glucose levels.⁴

ONE OF THE SKINNIER NUTS

Check out how pistachios stack up against other common tree nuts below.

Here's how American pistachios compare to other nuts.⁵

PISTACHIOS

are one of the LOWEST CALORIE NUTS WITH

ONLY 160

CALORIES IN A SINGLE OUNCE, which is the equivalent of about



PISTACHIOS.

But did you know that pistachios are a high source of fibre and a source of protein?

Per One-Ounce Serving (28.35g)	Pistachio (dry roasted with salt)	Cashew (dry roasted with salt)	Almond (dry roasted with salt)	Pecan (dry roasted with salt)	Brazil (unroasted)	Macadamia (dry roasted with salt)	Walnut (dry roasted with salt)	Hazelnut (dry roasted with salt)
Kernels per Serving	49	17	22	10	6	11	7	20
Calories (kcal)	165	171	176	210	195	213	195	191
Protein (g)	6.0	4.3	6.0	2.7	4.1	2.2	4.3	4.3
Fat (g)	12.7	13.1	14.9	21.1	18.8	21.6	18.5	17.7
Sat Fat (g)	1.6	2.6	1.2	1.8	4.3	3.4	1.7	1.3
Fibre (g)	2.8	0.9	3.1	2.7	2.1	2.3	1.9	2.7

Learn more about pistachios and weight management at www.AmericanPistachios.co.uk



References:
 1. Burns-Whitmore B, Hall LM, Towne AH, Roy S. Effects of pistachio on body composition and blood lipids in healthy young women. *FASEB J*. 2014.
 2. Kennedy-Hagan, Painter JE, Honselman C, Halvorson A, Rhodes K, Skwir K. The effect of pistachio shells as a visual cue in reducing caloric consumption. *Appetite*. 2011;57(2):418-20.
 3. Li Z, Song R, Nguyen C, Zerlin A, Karp H, Naowamondhol K, Thames G, Gao K, Li L, Tseng CH, Henning SM, Heber D. Pistachio nuts reduce triglycerides and body weight by comparison to refined carbohydrate snack in obese subjects on a 12-week weight loss program. *J Am Coll Nutr*. 2010;29(3):198-203.
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