



Pistachios

Did You Know?

Lutein, an antioxidant found in green and yellow vegetables, is also found in pistachios. This antioxidant has been widely studied and shown to support eye health. Pistachios have more lutein in them than any other nut.

Snack on a serving of pistachios. They're one of the lowest-calorie, lowest-fat, highest-fiber nuts.



Photo by: <http://www.flickr.com/photos/dhramplymouth/3240723036/>

There are lots of great reasons to enjoy pistachios!

- One serving is 49 kernels and only contains 160 calories.
- One serving contains 3 grams of dietary fiber, about twice the amount in walnuts.
- Pistachios are high in MUFA's (monounsaturated fatty acids) and PUFA's (polyunsaturated fatty acids), helping to lower "bad" LDL cholesterol and increase "good" HDL cholesterol.
- They are a good source of magnesium, copper, phosphorus, potassium, and Vitamins A, C and E.
- They are rich in anti-oxidants, helping to prevent diseases such as cancer and heart disease.

Purchasing and storing pistachios

- Little to no work needs to be done after purchasing. Pre-roasted pistachios are the most common form available.
- You may buy them with the shell on or already shelled.
- Seasonings on them such as salt, pepper, and sweet chili are common. Unsalted pistachios are also available for those wishing to limit sodium intake.
- Shelf life can be up to 24 months, with temperatures around 65-70 degrees Fahrenheit optimal for storage.

Ideas for using pistachios

Pistachios have traditionally been a favorite cocktail snack or seasonal treat, but these nutritious little green nuts can contribute to a healthy diet and should be enjoyed more frequently!

Try pistachios:

- As a meat replacement in main dishes like pasta or casseroles.
- As the nutty coating on a cheese roll.
- In baked goods, using pistachio flour or pistachio oil.
- Sprinkled on salads.
- Coarsely chopped in desserts like ice cream or pudding.

For more information:

Recipes from the American Pistachio Growers
<http://americanpistachios.org/recipes-and-snacking>

Pistachio Health Institute

<http://www.pistachiohealthinstitute.org/consumer>