

Live better today. Stay healthy for tomorrow.

The Western Pistachio Association Offers Tips to Live By in 2008

Tips to Live a Heart-Healthy Lifestyle

“Diets” and “eating programs” aren’t all what they are cracked up to be! Experts agree that the real key to healthy living is to strike a balance of eating right and exercising at least three to five times per week. With smart diet and nutrition habits, you may reduce your risk of many chronic diseases including heart disease, diabetes, osteoporosis and certain cancers, and increase your chances for a longer life.

- **Get out there and get moving!** Give your heart a workout. Remember it’s a muscle too. A strong heart pumps blood and nutrients more easily through your body.
- **Keep your weight down.** Losing excess weight will help lower blood levels of harmful LDL cholesterol and prevent other risk factors.
- **Monitor your blood pressure.** High blood pressure (hypertension) can increase your risk of heart attack or stroke.
- **Stop smoking.** All research comes back to the same conclusion—smoking is not good for your health or your heart. Women who smoke have an up to six times greater risk of a heart attack or stroke.
- **Control the risk for diabetes.** Because nuts—including pistachios—are low carbohydrate foods that contain predominantly monounsaturated fat, there may be a potential to help control diabetes.
- **Stay balanced.** The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

Include Pistachios in Your Family’s Busy Day

Adding pistachio nuts to your daily diet could be an easy way to improve cholesterol levels and reduce the effects of stress according to recent research conducted by Penn State University* and the University of Toronto**. Including just 1½ ounces of pistachios, about 70 a day in your diet, may help reduce the risk of heart disease, the number one killer in the US.

- Naturally cholesterol free pistachios make a nutritional “super snack.” Pistachios pack a powerful nutrition punch providing 3 g of fiber and 7 g of monounsaturated fats (good fats), which help “hold you over” until mealtime.
- Select appropriate portion sizes to meet recommendations—49 pistachios, which equals a one ounce serving, is more nuts per serving than any other tree nut!
- Keep healthy snacks at home and in the car when you’re on the go! Stock up on bananas, apples, pistachios, low-fat cheese, raw vegetables, whole grain crackers, and plenty of water to help you eat well wherever your day takes you!
- Skip the red meat! Use nuts like pistachios on salads or in main dishes to replace meat or poultry. Or substitute some ground nuts for meat in a meat loaf or for bread in a stuffing. Snacks are important for children.
- Don’t forget the kids, too! Snacks provide nutrients and energy for active, growing children. A one ounce of pistachios provides 6g of protein and 170 calories.

Live Healthy... And Happy as a Family!

- Plan to have dinner together at least twice a week. Research suggests that families that eat together have healthier weights. Have your children help with planning and preparing the meals.
- Schedule your family’s physical activity together. Adults should have about 30 minutes of exercise most days of the week and children and teenagers should have about 60 minutes. Plan a walk after dinner, cycling around the neighborhood or take weekend hikes. Sign-up your family for a fun run and train together, too!
- It sounds simple but begin each day with breakfast. Try instant oatmeal topped with toasted nuts like pistachios and dried fruit, accompanied by skim or low-fat milk and juice.
- Make sure everyone drinks plenty of fluids every day. Have lots of water and low-calorie beverages on hand and in the car—and don’t forget the heart-healthy pistachios!

* *Pistachios May Calm Acute Stress Reaction* – Penn State University, April 31, 2007

* *Glycemic Response of Pistachios – A Dose Response Study and Effect of Pistachios Consumed with Different Common Carbohydrate Foods on Postprandial Glycemia* – Penn State University, May 1, 2007

** *The Acute Effects of Pistachio Consumption on Post-Prandial Glucose and Insulin: Mechanisms for Heart Disease and Diabetes Prevention* – University of Toronto, April 31, 2007

