

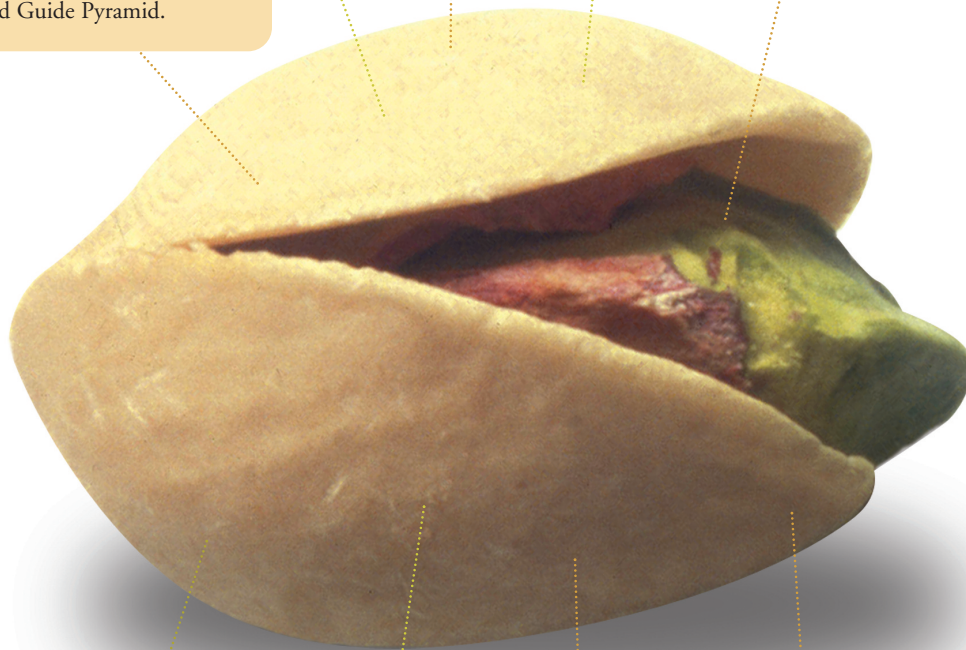
Pistachios are a naturally cholesterol-free snack that contains just 1.5g of saturated fat.

New groundbreaking nutrition research has found that eating pistachios may reduce your body's biological response to the stresses of everyday life.

A one-ounce serving of pistachios equals 49 nuts—more per serving than any other snack nut.

Pistachios are a great source of protein and can serve as an alternative to meat, poultry or beans, according to the USDA Food Guide Pyramid.

One serving of pistachios has as much potassium as half a large banana.



Pistachios contain more than 10% of the Daily Value of dietary fiber and essential vitamins and minerals like B-6, thiamin, copper and phosphorus.

You can obtain more dietary fiber from a serving of pistachios than a ½ cup of broccoli or spinach, and the same amount of dietary fiber as an orange or apple.

Pistachios, like olive oil, primarily contain monounsaturated fat that has been linked with lowering cholesterol levels and the risk of heart disease.

According to the US FDA, “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”



It's All In The Nut

In July 2003, the U.S. Food and Drug Administration (FDA) approved the much-awaited qualified health claim for nuts and heart disease prevention. The claim states, “Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

NUTRITION FACTS		
SERVING SIZE		
1 OZ. (28.35g) OR 49 ROASTED/SALTED PISTACHIO KERNELS		
AMOUNT PER SERVING		
Calories	170	Calories from Fat 110
% DAILY VALUE*		
Total Fat	13g	20%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Polyunsaturated Fat	4g	
Monounsaturated Fat	7g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	300mg	9%
Total Carbohydrate	9g	3%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	6g	
Vitamin A	2%	Folate 4%
Calcium	4%	Phosphorus 15%
Iron	6%	Magnesium 8%
Vitamin E	6%	Zinc 4%
Thiamin	15%	Copper 20%
Vitamin B-6	20%	Selenium 4%

*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on your caloric needs. Data from the USDA National Nutrient Database for Standard Reference, Release 16 (2003).