

Pistachios offer the most nuts per serving, with **30 NUTS** in a 100 calorie portion.



Pistachios are the “Skinny Nut” because they’re a good source of fiber and protein, and the shells act as a visual cue to help fool you into feeling full. They are a healthy, tasty and fun snack that really satisfies. For comparison, 100 calories is equal to three tablespoons of ice cream, a half bag of snack chips, one-third of a candy bar or five chocolate malt balls. With pistachios, there are 30 ways to enjoy 100 calories. Why wait?

**get
crackin'!**

FOOD	Amount for 100 calories	Weight (g)	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pistachios, Roasted, No Salt	30 NUTS	17	8 <i>Good Fat</i>	<1	0	5	2	1	4
Pistachios, Roasted, Salted	30 NUTS	17	8 <i>Good Fat</i>	1	71	5	2	1	4
Chocolate Chip Cookie (fast food type)	About ½ cookie	22	5	3	75	15	<1	9	1
Potato Chips (snack bag size)	About ½ bag	19	6.5	<1	119	10	<1	0	1
Nacho Chips (snack bag size)	About ½ bag	20	5	1	124	12	<1	<1	1.5
Pretzels (snack bag size)	About ½ bag	26	<1	0	405	21	<1	<1	2
Pretzel, Soft, Large	⅓ pretzel	38	1.7	<1	226	19	1	<1	3
Crackers, Cheese Sandwich with Peanut Butter	3 crackers	17	5	<1	138	11	<1	1.5	2.5
Crackers, Wheat, Thin	11 crackers	31	4.5	1	176	14	1	3.5	2
Crackers, Saltines, Low Salt	5 saltines	28	3	<1	152	17	<1	0	2.5
Cereal Bar, Fruit-filled	About ¾ bar	27	2	<1	79	19	<1	9	1
Candy Bar (with milk chocolate, soft nugget and peanut butter)	About ⅓ bar	20	5	1.5	65	13	<1	11	2
Candy, Gumdrops	7 gumdrops	25	0	0	11	25	0	15	0
Candy, Gummy Bears	14 gummy bears	28	0	0	0	22	0	14.5	2
Candy, Strawberry Twists	3 twists	28.5	<1	0	82	23	0	11	0.5
Candy, Chocolate Malt balls	5 maltballs	21	4	4	25	14	0	13.5	0
Candy, Chocolate Pretzel	3 pieces	19	5	2.5	104	12.5	<1	8	1.5
Candy, Chocolate Fudge	About 1 and ½ pieces	24	2.5	1.5	11	18	0	17.5	<1
Ice Cream, Vanilla	3 Tbs.	40	6.5	4	24	9	0	8.5	1.5
Hot Fudge Sundae (fast food type)	About ⅓ sundae	54	3	2	54	16	<1	14.5	2.5
Frozen Yogurt	About ½ cup	78	3	2	50	17	0	17	2.5