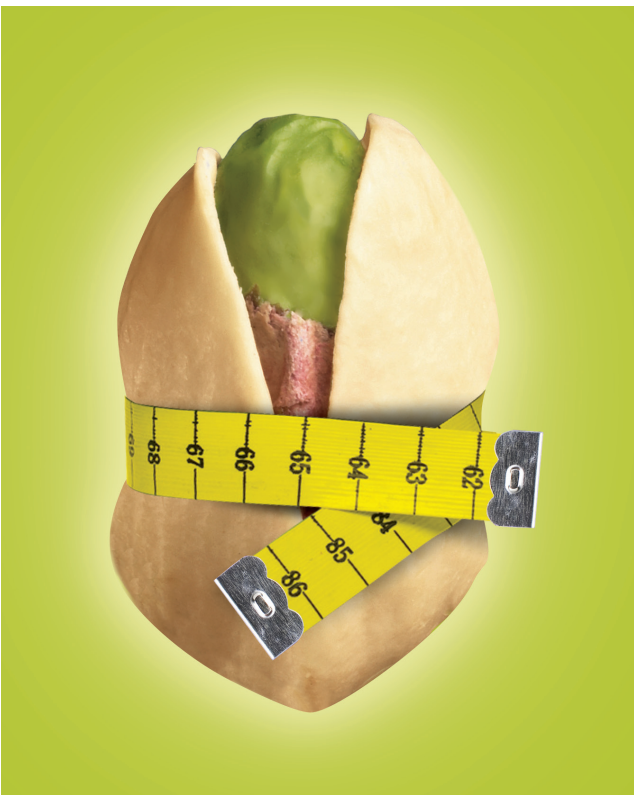


PISTACHIOS: THE “SKINNY NUT”



It’s OK to add a little nuttiness to your sensible eating plan. Research continues to show that nuts are a healthy snack, and that calorie for calorie, nuts offer good nutritional value and protective heart health benefits along with high snack satiety. All nuts, however, are not equal. In fact, pistachios are becoming widely known by nutrition experts as the **“skinny nut.”**



Pistachios offer advantages over all other nuts. Like most nuts, pistachios are a good source of both protein and fiber – which aid the digestive process and help to satisfy. Yet pistachios are also one of the lowest calorie, lowest fat nuts. In fact, pistachios have only three calories per nut – about half the calories of most snack nuts. **Thirty pistachio kernels yield just 100 calories, compared to 14 for almonds and 11 for cashews.** You also get more nuts per serving with pistachios – 49 per ounce, versus 23 almonds and 10-12 macadamia nuts.

Pistachios are unique in that they are the only in-shell snack nut. In-shell pistachios take longer to eat than shelled nuts so the consumption time is slowed. **Empty pistachio shells serve as an important visual cue, encouraging snackers to be more “mindful” as they eat, thereby curbing calorie consumption.**



Including pistachios as a weight-wise snack can help improve workouts by providing an extra energy boost and aiding in muscle repair. They also add delicious crunch and variety to many healthful eating plans, helping to ensure long-term weight management success. Here’s a quick look at how pistachios can be integrated into many of today’s popular eating plans. (See back)

HOW TO INTEGRATE PISTACHIOS INTO TODAY'S POPULAR EATING PLANS



Diet Plan

Pistachio Portion*

The Pistachio Advantage



Dietary Guidelines for Americans and DASH Diet

1.5 ounces / 74 pistachios
4-5 times a week

Pistachios provide energy, magnesium, potassium, and protein along with electrolytes and nutrients important during and post-exercise. Try a portion an hour or two before the gym and elevate your workout.



Weight Watchers®

1 ounce / 49 pistachios

Enjoy 49 nutrient-packed pistachios for 4 Weight Watchers Points instead of a gourmet coffee drink, and help kick the caffeine habit and curb sugar intake.



Slim-Fast®

40 pistachios

Put the 120-calorie snacks recommended daily to good use with 40 pistachios. Eat slowly and see how long it takes you to eat them all!



Jenny Craig®

10 pistachios

Add pistachios to yogurt or oatmeal at breakfast. Counting as one fat serving, pistachios offer healthy fats to help keep hunger at bay throughout the morning.



The F-Factor Diet™

1 ounce / 49 pistachios

A mid-afternoon snack of 49 pistachios provides three grams of fiber. As one of the highest fiber nuts, pistachios help you meet your F-Factor fiber needs of 30-35 grams per day.



NutriSystem®

15 pistachios

Enjoy 15 pistachios on top of your salad or entrée as a healthy fat serving instead of a teaspoon of mayo or oil, and add extra taste and crunch to your meal.



Atkins Diet™

1 ounce / 49 pistachios

With only 5 net carbs per serving, adding pistachios in your diet leaves you with plenty of room for other good carb sources like whole wheat pasta and bread.



South Beach Diet®

1 ounce / 49 pistachios

Pistachios are a fit in this diet that emphasizes plant-based diet proteins. Keep a pistachio portion in the car on weekends to prevent fast-food "drive-bys" while running errands.



Abs Diet and Flat Belly Diet™

Up to 2 ounces / 98 pistachios

Pistachios can be considered one of the 12 recommended Power Foods. Substitute pistachios for almonds and enjoy the extra 52 nuts.



The Zone Diet®

1 ounce / 49 pistachios

Pistachios can be incorporated into meals or snacks to fit the 40-30-30 macronutrient distribution. Since pistachios provide protein and good-for-you fats, eat them with dried or fresh fruit to get into the "Zone."

*Weight represents shelled pistachios