

# PISTACHIOS: SMALL NUT - MIGHTY NUTRITION



Pistachios are proof that good things come in small packages. Pistachios are one of the lowest calorie and lowest fat nuts. Here's some food for thought:



## **VITAMIN AND MINERAL PROVIDER**

A serving of pistachios – about 49 kernels – is a good source of phosphorus, thiamin, copper, manganese and vitamin B6. One serving also provides ten percent of the Daily Value of magnesium and nine percent of the Daily Value of potassium. That is greater than the potassium provided by a medium orange or one cup of raw spinach leaves.<sup>1</sup>

## **PLANT-BASED PROTEIN**

Pistachios provide 6 grams of plant-powered protein for every one-ounce serving of about 49 kernels. The winning combination of protein and fat in pistachios may make them more filling than a carb-filled snack like pretzels, making them a great snack to keep you satisfied between meals.<sup>2</sup>

## **PISTACHIO ARE A GOOD SOURCE OF FIBER**

The 2010 Dietary Guidelines lists dietary fiber as a nutrient of concern for Americans; meaning Americans are falling short in meeting their recommended needs. Most are only consuming an average of 15 grams per day, much less than the recommended 25-35 grams daily, depending on your caloric intake.<sup>3</sup> A one-ounce serving of great-tasting pistachios provides three grams of dietary fiber, an easy snacking solution to boost intake.

## **PISTACHIO RESOURCES**

[PistachioHealthInstitute.org](http://PistachioHealthInstitute.org) is the leading online source of information on the health and nutrition benefits of pistachios for both consumers and health professionals. It houses a comprehensive research library, with research updates and information from leading experts in the field of health and nutrition, including the Health Nut blog, Ask Our Expert section, and educational materials. The Institute is committed to advancing the understanding of the health benefits of pistachios, and continues to invest and support research at leading institutions around the world. “Like” Pistachio Health Institute on [Facebook](#) and follow [@PistachioHealth](#) on [Twitter](#).

## **IN A NUTSHELL:**

A good source of phosphorus, thiamin, copper, manganese and vitamin B6, protein and fiber, pistachios are the nutritional overachiever of the nut family and a smart choice for healthy snackers.

### REFERENCES:

1. U.S. Department of Agriculture. USDA National Nutrient Database for Standard Reference, Release 24. Retrieved 30 July 2012. 2. Halton TL, Hu FB. The effects of high protein diets on thermogenesis, satiety and weight loss: A critical review. *J Am Coll Nutr.* 2004, 23(5):373-385. 3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.