



PISTACHIOS: THE SKINNY NUT

To the delight of nut lovers everywhere, research continues to mount in support of nuts as a healthy, sensible snacking option for anyone trying to manage their weight.



With a delicious one-of-a-kind taste and satisfying crunch, pistachios have earned the unique distinction as the “Skinny Nut” for good reason:

- Research shows that pistachios, as one of the few in-shell snack nuts, help to slow consumption when compared to eating shelled nuts because the empty shells offer a visual cue about how much has been eaten; thereby reducing calorie intake without the feeling of deprivation. This effect is known as the “Pistachio Principle.”
- You can eat a healthy, balanced diet while still enjoying the foods you love. With only 3–4 calories per nut, pistachios are one of the lowest-calorie nuts making them an excellent snack choice. While a standard serving of pistachios is 160 calories, try 30 pistachios for a satisfying 100 calories.
- From a portion perspective, pistachios offer the most nuts – with about 49 kernels per 30-gram serving. When compared to other popular snack nuts, that’s only 14 walnut halves and 18 cashews per 30-gram serving.

PISTACHIOS WEIGH IN AS A MINDFUL SNACK

A growing body of highly favorable research further validates pistachios as a smart choice to help promote mindful snacking. A study recently published in the peer-reviewed journal *Appetite* indicates that consuming in-shell pistachios offers unique mindful eating benefits to help curb consumption and decrease calorie intake. Participants who consumed in-shell pistachios ate 41 percent fewer calories compared to those who consumed shelled pistachios, yet reported feeling as equally satisfied.¹

PISTACHIOS MAY CONTAIN FEWER CALORIES THAN PREVIOUS CALCULATIONS INDICATE

A recent randomized controlled-feeding study published in the *British Journal of Nutrition* indicates that pistachios may contain fewer calories per serving than originally thought. Conducted by the United States Department of Agriculture (USDA), the study, which is the first-of-its-kind research with nuts, shows pistachios to be one of the lowest-calorie nuts with the resulting energy value of pistachios at 160 calories for a 30-gram serving, a 5.9 percent reduction from previous calculations.²

PISTACHIOS ARE A SMART SNACK

Here’s some healthy snacking ideas for enjoying pistachios throughout the day:

- Fuel your workout with a 100-calorie pistachio snack, which is about 30 nuts, paired with a piece of fruit an hour or two before heading to the gym.

IN A NUTSHELL:

Pistachios are the “Skinny Nut” and a smart choice for healthy, weight-wise snacking. They offer great taste, inherent mindful eating cues, and are one of the lowest-calorie, lowest-fat snack nuts – plus, for those wanting to be even more mindful about calorie intake, a reduced portion of 30 nuts equals about 100 calories. So, go ahead – savor, celebrate and enjoy the one-of-a-kind pistachio.

REFERENCES:

1. Honselman, C.S., Painter, J.E., Kennedy-Hagan, K.J., Halvorsen, A., Rhodes, K., Brooks, T.L., & Skwir, K. “In-shell pistachio nuts reduce caloric intake compared to shelled nuts.” *Appetite*, 2011
2. Baer, D.J., Gebauer, S.K., & Novotny, J.A. “Measured energy value of pistachios in the human diet.” *British Journal of Nutrition*, 2011, p. 1–7

- Take a break and have a mid-afternoon snack of 49 pistachios – which provides three grams of fiber or 12 percent of your Daily Value.
- Stock your car and desk drawer with portion-controlled Ziploc bags of 30 pistachios to avoid fast-food “drive-bys” or tempting trips to the vending machine.
- Substitute pistachios for cashews and enjoy more nuts per serving; pistachios provide 49 nuts, while cashews deliver just 18 per 30-gram serving.
- Pair pistachios with dried or fresh fruit to pack a healthy, one-two punch when on the go. Add pistachios to your favorite trail mix blend for extra crunch and flavor, making it a satisfying snack choice.

Pistachios are a fit with a variety of today’s popular healthful eating plans. Here’s a quick look at how pistachios can be integrated into many of these weight management programs.

DIET PLAN	PISTACHIO PORTION*	THE PISTACHIO ADVANTAGE
Dietary Guidelines for Americans and DASH Diet	1.5 ounces/74 pistachios 4-5 times per week	Chew on this... a one-ounce serving of pistachios offers a higher content of fiber and potassium than any other nut. Enjoy an unsalted snack each morning for a nutritious boost to start your day off right.
Weight Watchers	1 ounce/49 pistachios	Enjoy 49 nutrient-packed pistachios for four Weight Watchers Points.
Jenny Craig	10 pistachios	Enjoy pistachios with breakfast. Counting as one fat serving, pistachios offer healthy fats and only about 30 calories 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 as your next snack or accompaniment to your next meal.
South Beach Diet	1 ounce/49 pistachios	Pistachios are a fit in this diet that emphasizes plant-based proteins. Keep a pistachio portion in the car to prevent fast-food “drive-bys” while running errands.
The Biggest Loser Diet	1 ounce/49 pistachios	Add a serving of pistachios into your day as a healthy snack in this balanced diet plan that recommends three snacks per day. Stock your desk with pre-portioned pistachio snacks to keep vending machine cravings at bay.
Mediterranean Diet	15 pistachios	Enjoy a handful of pistachios each day as a part of this plant-based eating plan. A serving of just 15 pistachios adds less than 50 calories and a satisfying crunch to any salad.
Gluten Free Diet	1 ounce/49 pistachios	Pistachios are naturally gluten-free. An afternoon snack of 49 pistachios offers 30 vitamins and minerals to help you eat a healthy, balanced diet.
The Sonoma Diet	1 ounce/49 pistachios	A one-ounce serving provides 160 calories, so pair with fresh fruit as a balanced snack in this diet that emphasizes enjoying foods in the proper amounts.

*Weight represents shelled pistachios