

# PISTACHIOS: A HANDFUL OF HEALTHY SNACKING



**Americans are snacking more than ever before.**



During the past 30 years, daily snacking occasions have steadily increased by nearly 25 percent.<sup>1</sup> This upward snacking trend has translated into nearly 300 extra calories each day as compared to daily calorie intake in the late 1970s.<sup>1</sup> And, the top snacks? Ice cream, chips and soda.

## **IT'S OK TO ADD A LITTLE NUTTINESS TO YOUR SENSIBLE EATING PLAN**

It's time to call a time-out on mindless munching of nutrient-poor, energy-dense foods and start snacking smart. Pistachios are a nutritionally savvy way to make the most of healthy, everyday snacking.

## **PISTACHIOS CAN FIT INTO A WEIGHT MANAGEMENT PLAN**

Pistachios are one of the lowest calorie, lowest fat nuts making them an excellent choice for snackers. In fact, preliminary research suggests but does not prove that controlled portions of pistachios, when substituted for controlled portions of refined carbohydrate foods, such as pretzels, in the diet, may be associated with weight management.<sup>2</sup>

Illustrating the "Pistachio Principle" of mindful eating, recent behavioral nutritional research published in the journal *Appetite*, observed that study participants who consumed in-shell pistachios ate 41-percent fewer calories compared to those who consumed shelled pistachios.<sup>3</sup> Those who chose shelled pistachios consumed an average of 211 calories, while those who chose in-shell pistachios consumed an average of 125 calories suggesting that empty shells may be a helpful visual cue about how much has been eaten - thereby potentially encouraging reduced calorie intake

Although causation has not yet been proven, research suggests that in-shell pistachios can be a delicious, everyday snack that may help support weight management efforts if consumed in controlled portions.

## **PISTACHIOS: CRACK OPEN AN IDEAL SNACK**

A reduced serving of 30 pistachios offers up a sensible snack at about 100 calories. A standard one-ounce serving delivers approximately 49 kernels per one 30-gram serving - the most nuts per serving compared to other popular snack nuts. Comparatively, cashews offer just 18 nuts and walnuts, 14 halves per serving

## **IS YOUR SNACKING LACKING?**

Pistachios offer both crunch and flavor, making them a satisfying snack choice. With about 3-4 calories per nut, pistachios are a nutritious alternative to snacks high in sugar and saturated fat.

## **ONE OF THE BEST FIBER NUTS**

Snacking on pistachios helps to meet the *2010 Dietary Guidelines for Americans* which encourage consumption of fiber-filled foods. This is good news for pistachio lovers as a one-ounce serving of pistachios is a good source of fiber, providing three grams, or 12% of the Daily Value!<sup>4</sup>

## **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:**

Pistachios are the perfectly packable, crave-able, crack-able everyday snack that offers so many reasons to go pro-pistachio:

- One of the lowest-calorie, lowest-fat nuts
- More snacking enjoyment per serving
- Good source of fiber, too!

### REFERENCES:

1. Piernas, C., Popkin, B. "Snacking Increased among U.S. Adults between 1977 and 2000" *J Nutr.* 2010, 140:325-332. 2. Li, Z., Heber, D. Pistachio nuts reduce triglycerides and body weight by comparison to refined carbohydrate snack in obese subjects on a 12-week weight loss program. *J Am Coll Nutr.* 2010 Jun;29(3):198-203. 3. Honselman, C.S., Painter, J.E., Kennedy-Hagan, K.J., Halvorson, A., Rhodes, K., Brooks, T.L., & Skwir, K. "In-shell pistachio nuts reduce caloric intake compared to shelled nuts." *Appetite.* 2011, 57(2):414-417. 4. Kennedy-Hagan, K.J., Painter, J., Honselman, C., Halvorson, A., Rhodes, K., & Skwir, K. "The Effect of Pistachio Shells as a Visual Cue in Reducing Caloric Consumption." *Appetite.* 2011, 57(2):418-420. 5. Azrin, N.H., Kellen, M.J., Brooks, J., Ehle, C., & Vinas, V. "Relationship Between Rate of Eating and Degree of Satiation." *Child & Fam Behav Therapy.* 2008, 30(4):355-364. 6. U.S. Department of Agriculture, National Nutrient Database for Standard Reference, Release 24. Reference 30