

PISTACHIOS AND HEART HEALTH




Pistachios take good nutrition to heart. Here are some heart-smart reasons to love pistachios.




PACKED WITH HEALTHY FATS

Pistachios are packed with the good fats: monounsaturated and polyunsaturated fats. Of the 14 grams of fat per 30-gram serving—the majority (nearly 90 percent) is of the healthy unsaturated type. Monounsaturated fat comprises the majority of the fat in pistachios; the second largest proportion goes to polyunsaturated fat.¹

FDA QUALIFIED HEALTH CLAIM

 “Scientific evidence suggests, but does not prove, eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.” - FDA

PISTACHIO RESOURCES

 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:

There is a lot to love about pistachios. Pistachio lovers can let their hearts rejoice. Pistachios are the snack that loves you back!²

REFERENCES:

1. U.S. Department of Agriculture. USDA National Nutrient Database for Standard Reference 22. Retrieved 10 Sept 2010.
2. Tomaino, A., Martorana, M., Arcoraci, T., Monteleone, D., Giovino, C., & Sajja, A. “Antioxidant activity and phenolic profile of pistachio (*Pistacia vera* L., variety Bronte) seeds and skins.” *Biochimie*. 2010, 92(9):1115-22.