

Wonderful™ PISTACHIOS



30 nuts for 100 calories

Plenty of research now exists supporting the healthful properties of pistachios in the areas of heart health, weight management and functional nutrition, as well as the role food and nutrition play in helping combat obesity and diabetes, topical health issues in the Middle East.

Studies on dietary habits show that 87% of Arab adolescents snack daily, most choosing unhealthy snacks such as chips and sweet drinks that are high in sugar.

These dietary habits are a major factor in the soaring obesity and diabetes rates in the region.

Paying attention to the foods we eat and making healthy choices is a necessity and Wonderful Pistachios show that these healthy, nutritious snack alternatives can be tasty and delicious.

Pistachios are the lowest calorie, lowest fat nut, they offer a good source of protein and are among the highest fiber nuts (3 grams/ serving). Thirty pistachios make a satisfying healthy snack for just about 100 calories – a wise choice when watching your weight.

Also known as the Skinny Nut, pistachios offer a high satiety level and as an in-shell snack, they have a slower consumption time and studies have shown that people eat 50 percent less when they have to remove the shells.

New research from University of California Los Angeles (UCLA) lends further support, showing that snacking on pistachios instead of pretzels can help you meet BMI goals and is good for your heart.

Per nut, pistachios only offer 3 calories, half the amount found in almonds, 7 calories; and significantly less than other snack nut. For example, walnuts weigh in at 13 calories per half a nut and cashews provide 9 calories per nut. Pistachios provide .27g of fat per nut, again half of what almonds offer and significantly less than other snack nuts. For example, walnuts provide 1 gram fat per half a nut and macadamias have a whopping 2 grams fat per nut.