



News You Can Use About Pistachio Health

The Go Pistachio! ezine is offered to you by PistachioHealth.in, the leading online source of information on the health and nutrition benefits of pistachios, including research updates and educational materials, to both consumers and health professionals.



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New Research Shows Pistachios are a Heart Healthy & Weight-wise Snack

In-Shell Pistachios: The Original "Slow Food"?

Smart Snack Swaps

Research Society for Study of Diabetes in India (RSSDI): Benefits of pistachios on cardiovascular health

A first-of-its-kind randomized case-controlled study in India conducted by the International Diabetes Federation found that adding pistachios into the diet of people with metabolic syndrome (one-third of urban Asian Indian adults) may play a role in reducing body fat, cholesterol levels and markers of inflammation and oxidative stress; the risk factors for diabetes and cardiovascular disease. The results show that simple dietary changes, such as a daily snack of pistachios, can have a positive impact in the battle against chronic diseases like diabetes, and dispels the myth that pistachios are 'fattening' and raise cholesterol levels. This study was conducted jointly by Dr. Anoop Misra and Dr. Seema Gulati and was presented at the Research Society for the Study of Diabetes in India (RSSDI) annual conference in Mumbai, just days before World Diabetes Day, by Dr. Gulati.

Researchers of the study looked at the benefit of adding a daily dose of pistachios to an energy-controlled diet in individuals with metabolic syndrome along with lifestyle modifications in more than 60 patients. For the initial 12 weeks, 30 of them were given a 15 % of total calories required in their diet in the form of pistachios. The study revealed that people eating pistachios had reduced body fat, cholesterol levels, markers of inflammation and oxidative stress significantly as compared to the closed group. These results show that simple dietary changes, such as a daily snack of pistachios, can have a positive impact in the battle against chronic diseases like diabetes

For more information visit www.pistachiohealth.in

Harvard Study: Reaffirms That Nut Consumption Aids In Weight Management

A recent study published in the *New England Journal of Medicine* and conducted by researchers at Harvard University found that a diet that includes nuts, along with fruits, vegetables, whole grains, and yogurt, promotes positive weight management and is associated with a lower body mass index when substituted for other foods in the diet. Choosing foods such as nuts, whole grains, and fresh produce is associated with consuming fewer overall calories and is inversely associated with weight gain. Specifically, those who regularly consumed nuts in their diet exhibited a (-).57 pound effect on body weight, suggesting nuts can be an important part of a healthy diet. In addition, the study results indicate a balanced diet that included nuts, vegetables, fruits, yogurt and whole grains was associated with less weight gain when consumption was actually increased.

"This study shows that conventional wisdom – to eat everything in moderation, eat fewer calories and avoid fatty foods – isn't the best approach," Dr. Dariush Mozaffarian, a cardiologist and epidemiologist at the Harvard School of Public Health and the lead author of this study, said in an interview with *The New York Times*. "What you eat makes quite a difference. Just counting calories won't matter much unless you look at the kinds of calories you're eating."

To access the full study, go to *New England Journal of Medicine*.

In-Shell Pistachios: The Original "Slow Food"?

Pistachios have been dubbed the "Skinny Nut" through research by behavioral eating expert Dr. James Painter of Eastern Illinois University who's shown that in-shell pistachios take longer to eat, encouraging snackers to slow down and be more conscious of what they've eaten. Now, further new research published in the July issue of the journal *Appetite* indicates that consuming in-shell pistachios offers unique mindful eating benefits that help curb consumption and decrease calorie intake.

In-Shell Pistachio Consumption Curbs Calories by 41-Percent



The first study involved 140 university students assigned to consume either in-shell or shelled pistachios during class. Both groups of students were given a 16-ounce cup and asked to self-select a portion of pistachios to eat. Each student's cup of pistachios was weighed before and after consumption. Both total weight and calories from the consumed pistachios were calculated. Those who chose shelled pistachios consumed an average of 211 calories while those who chose in-shell pistachios consumed an average of 125 calories, a 41-percent decrease in calorie intake.

"In-shell pistachios are the original 'slow food.' The findings demonstrate that in-shell pistachios, as one of the only in-shell snack nuts, help slow consumption; when compared to shelled nuts. And further, the empty shells offer a visual cue, causing you to be more mindful of how much you have eaten, thereby reducing calorie intake," said Painter.

Pistachio Shells Act As Mindful Eating "Visual Cues"

The second study included 118 faculty and staff from a Midwestern University, all of whom were provided a pre-weighed 16-ounce bowl filled with four ounces of in-shell pistachios to keep on their desk over the course of two workdays. Participants were told they could consume pistachios at their leisure during the day and were also provided a second 16-ounce bowl in which to discard the empty pistachio shells. The first group's bowls of pistachio shells were not emptied until the end of the day, while the second group's bowls were emptied every two hours.



"When leftover pistachio shells were routinely removed, calorie consumption of pistachios increased by 22-percent compared to when nut shells were leftover as a reminder of consumption," said Painter. "Choosing in-shell pistachios instead of shelled nuts is a simple way to decrease calorie consumption without restriction. This is in keeping with existing research showing that when a person has visual cues of 'leftovers,' such as pistachio shells, they can see how many or how much they have eaten, helping to control portion size and consumption without feeling deprived. This is what we mean by the term 'Pistachio Principle,' which has been coined to describe a simple technique that can be used to help fool yourself full."

Both studies further underscore that in-shell pistachios, which are one of the lowest calorie nuts, are a practical, everyday snack for weight management.

Smart Snack Swaps

Roasted to perfection and packed with flavour, pistachios are one of the lowest calorie nuts with 160 calories per 30 gram serving. They also offer the most nuts per serving, about 49 kernels per 30 gram serving, when compared to other popular snack nuts including almonds, 23 nuts in a 30-gram serving; walnuts, 14 halves; and a serving of cashews is 18. Pistachios are also a good source of fiber and protein. So, if you're looking for a healthy snack, grab pistachios instead of the following not-so-healthy snacks.



Swap this... For this...	
Swap This...	For This...
Chocolate Candy Bar Although calorie and fat content varies, all chocolate bars are high in sugar, as much as 28 g of sugar -- the same as a can of soda.	30-gram serving of pistachios There is good fat and bad fat, and pistachios contain almost 90% good fat in the form of mono- and polyunsaturated fats. They're also a good source of fiber and protein and provide important vitamins including: vitamin B6, thiamin and phosphorus.
Chips Chips are fried, full of sodium and high in unhealthy fats. A bag of chips can contain more than 150 calories and 10 g or more of fat, including as much as 30% saturated fat.	30-gram serving of pistachios There is good fat and bad fat, and pistachios contain almost 90% good fat in the form of mono- and polyunsaturated fats. They're also an excellent source of vitamin B6, offering 20% of the Daily Value per serving.
Donut Loaded with sugar, trans fats and calories, and with 2 g of protein or less per serving plus no vitamins or minerals, donuts provide close to no nutritional value.	30-gram serving of pistachios Because no oils are used in roasting, pistachios are naturally trans-fat free. Plus, pistachios come out big on nutrition as an excellent source of copper and manganese, and a good source of phosphorus.
Fruit Snacks "Fruit snacks" is a misnomer since most contain corn syrup and artificial flavors. Most add vitamin C back in because it's destroyed during the processing of the snack.	30-gram serving of pistachios Pistachios are a natural snack and a good source of fiber, providing 3 grams per serving – more than many types of whole fruit. In fact, you would have to eat three plums to get the same amount of fiber found in one serving of pistachios.
French Fries When you fry foods, you trap oils inside which increases their saturated fat content. Yes, French fries taste good, but they add unhealthy saturated fat to your diet, and a diet that includes too much saturated fat can lead to heart disease, high blood pressure and type 2 diabetes.	30-gram serving of pistachios We need to include some fat in our diet. The trick is to choose foods that contain good fats (unsaturated) – like pistachios – as opposed to foods with bad fats (saturated). According to the FDA, "Scientific evidence suggests but does not prove that 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 (see nutrition information for fat content)."

Sources: Livestrong.com, blog.foodnetwork.com, nutritionaldata.self.com

The Leading Resource on all Things Pistachio

If you're interested in learning more about pistachios, check out PistachioHealth.in. The site offers pistachio nutrition information for both consumers and health professionals. Browse the site for educational tools that can help your clients understand the benefits of pistachios, and how this super food is part of a healthy lifestyle. Like pistachios, PistachioHealth.in is chock full of good stuff for you:

- **Health Nut blog**
- **Consumer fact sheets**
- **Tree nut comparisons**
- **Pistachio pairings**
- **Smart Snack Swaps**

If you're interested in reading the full content of the pistachio research you learned about here or previously published studies, please visit PistachioHealthScience.org, a site offering a comprehensive database and full access to all pistachio-specific published research studies and abstracts. PistachioHealthScience.org is the only site of its kind for the pistachio industry and serves as a resource for health professionals and researchers interested in learning more about the science behind the many health benefits of pistachios.

