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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 Weight-wise Snack

Pistachio Pairings: Elevate Your Snacking Experience

Research by Indian Experts Show Pistachios are a Weight-Wise Snack



A study conducted by Dr Anoop Misra and Dr Seema Gulati from Fortis Hospital & Diabetes Foundation (India), New Delhi suggest that Snacking 1.5 - 2.0 ounces of pistachio nuts per day in addition to a standardized diet and lifestyle plan significantly lowers both total cholesterol and LDL-C in Asian Indians. The study was presented at the experimental biology conference, Washington D.C. held from April 9-13, 2011. The findings show that daily consumption of pistachios decreases subcutaneous fat, lowers total and LDL cholesterol and reduces high sensitive C - reactive protein and TNF- α .

The findings are a result of 6 months long study preceded by a diet and exercise run-in period of 30 days. For initial 12 weeks subjects in case group were given basic diet plus pistachio nuts constituting 15% of daily calorie intake. Subsequently, dosage of pistachio was increased to 20% of the total calorie intake for another 12 weeks. Controls were given equi-calorie, high fiber low fat diet. All the subjects in cases and controls were followed for 6 months.

Pistachios have been dubbed the "Skinny Nut" because research from behavioral eating expert Dr. James Painter of Eastern Illinois University has shown that in-shell pistachios take longer to eat, encouraging snackers to slow down and be more conscious of what they've eaten. Now new research published in the Journal of the American College of Nutrition and presented at Experimental Biology 2011, reveals that pistachios can play a role in a weight management program. Together these studies add to the growing body of research around in-shell pistachios as a nutrient-rich snack that provides unique properties to be an important part of a balanced diet for individuals managing their body weight.

International Research Indicates Not All Fat in Pistachios Absorbed by the Body



A calorie may seem like a calorie, but not when it's in a pistachio. According to results from a first-of-its-kind randomized, controlled feeding study conducted by the Agricultural Research Service of the United States Department of Agriculture, researchers revealed that pistachios provide 5.49 calories/gram or nearly 6% fewer available calories than what was previously stated on package labels.

It's suspected that the cell walls of nuts may not break down completely in the gastrointestinal tract, so that not all of the fat in pistachios is completely digested.

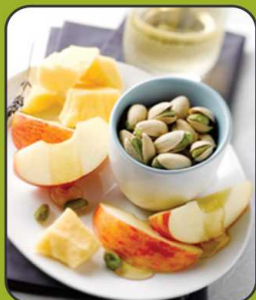
These two new studies add to existing research showing that in-shell pistachios also may provide advantages for those individuals trying to manage their calorie intake.

Pistachio Pairing: Elevate Your Snacking Experience



Snacking is a compulsive delight, and nothing snacks better than pistachios. Pistachios have a distinctive flavor, color and texture and when partnered with other foods, can turn an ordinary snack into an extraordinary and satisfying experience. The creamy texture and nutty crunch of pistachios is an ideal snacking companion to many trendy foods and flavors. In fact, pistachios pair perfectly with sweet, savory, tart and tangy accompaniments. The unique pistachio snack pairings below are easy to prepare and are a feast for eyes and the palate.

Pistachios +



| | |
|---------------|---|
| Fruit | Apples, apricots, bananas, cherries, lemons, mangos, melons, citrus, stone fruit, dried fruit and berries |
| Dairy | Milk, Lassi, Yogurt and cheese |
| Drinks | Beer, Wine, Ice Tea, Ginger Ale |

Pistachio Pairing for an 'Indian Monsoon' - Try the above

