

# The POWER of PISTACHIOS®



- ▶ **The World Health Organization recommends tree nuts, such as pistachios,** as a nutrient-rich food high in unsaturated fats to include in a healthy diet for adults<sup>1</sup>
- ▶ **Pistachios, like olive oil, are high in mono-unsaturated and unsaturated fats.** Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of the normal blood cholesterol levels.
- ▶ **Pistachios provide 7.1 g of protein per portion.** Being a source of protein, they can contribute to the growth and maintenance of muscle mass; and maintenance of normal bones.



- ▶ **Pistachios contain linoleic acid, which contributes to the maintenance of normal blood cholesterol** (with a daily intake of 10 g of linoleic acid – 76 g of pistachios provide 10 g of linoleic acid).
- ▶ **Pistachios contain plant sterols, which contribute to the maintenance of normal blood cholesterol levels** (with a daily intake of at least 0.8 g of plant sterols/stanols – 100 g pistachios contain 0.21 g plant sterols).
- ▶ **One 28.35g serving of pistachios has as much potassium** (290 mg, 8.5% of the Reference Intake (RI) as half of a large banana (250 mg, 7% of the RI).
- ▶ **You can obtain as much dietary fibre from a 28 g serving of pistachios** (2.9 g) as from a 100 g cooked broccoli (2.5 g).
- ▶ **Pistachios are high in dietary fibre, chromium, potassium, copper, manganese, phosphorus, thiamin and vitamin B6.** Pistachios also provide a source of magnesium, iron, selenium, zinc, riboflavin, vitamins, E, K and folate.
- ▶ **A (28 g/1 oz) serving of pistachios equals 49 nuts** – more per serving than any other snack nut.

## FACT SHEET

### NUTRITION INFORMATION

SERVING SIZE

28.35 g (1 oz)

49 ROASTED/SALTED PISTACHIO KERNELS

	Nutrient content per 100 g	Nutrient content per 28.35 g (approx. 49 pistachios)
Energy	2498 kJ / 602 kcal	708 kJ / 171 kcal
Fat	46 g	13 g
<i>of which</i>		
- saturates	5.6 g	1.6 g
- mono-unsaturates	25 g	6.9 g
- polyunsaturates	13 g	3.7 g
Carbohydrate	17 g	4.8 g
<i>of which</i>		
- sugars	7.7 g	2.2 g
Fibre	10 g	2.9 g
Protein	25 g	7.1 g
Salt	1.1 g	0.3 g

VITAMINS & MINERALS	per 100 g	% Reference intake per 100 g
Vitamin E	2.2 mg	18
Vitamin K	13 µg	18
Thiamin	0.7 mg	63
Riboflavin	0.23 mg	17
Vitamin B6	1.1 mg	80
Folic acid	51 µg	26
Potassium	1010 mg	50
Phosphorus	469 mg	67
Magnesium	109 mg	29
Iron	4 mg	29
Zinc	2.3 mg	23
Copper	1.3 mg	129
Manganese	1.2 mg	62
Selenium	10 µg	18
Chromium	39 µg	98

#### References:

<sup>1</sup> World Health Organization. Healthy diet factsheet. Available from: <http://www.who.int/media-centre/factsheets/fs394/en/> [Accessed September 2015]. 2015.

*This infographic is written for use by health professionals, with nutritionists and dietitians in mind and it is not intended for consumers.*

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