











The Role of Pistachios in Supporting Weight Management

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How Pistachios Stack Up

Here's how American pistachios compare to other nuts.¹

Per One-Ounce Serving	 Pistachio	 Cashew	 Almond	 Pecan	 Brazil	 Macadamia	 Walnut	 Hazelnut
Kernels per Serving	49	17	23	10	7	11	7	20
Calories	160	160	160	196	186	204	185	178
Protein (g)	6.0	4.3	6.0	2.6	3.5	2.2	4.3	4.2
Fat (g)	13	13.1	14.0	20.4	16.1	21.6	18.5	17.2
Saturated Fat (g)	1.5	2.6	1.1	1.8	3.7	3.4	1.7	1.3
Fiber (g)	3	0.9	3.5	2.7	1.8	2.3	1.9	2.7

Some people still think that eating nuts will result in weight gain. But data shows that pistachio consumption is not associated with weight gain or increased obesity risk.

DID YOU KNOW?
87% of Americans believe that eating nuts causes weight gain!



Neale EP, Tran G, Brown RC. Barriers and Facilitators to Nut Consumption: A Narrative Review. Int J Environ Res Public Health. 2020 Dec 7;17(23):9127. doi: 10.3390/ijerph17239127.

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The Science About Pistachios and Weight Management



Eating 1.5 oz (42 g) of pistachios every day for 4 months was associated with increased dietary fiber intake and decreased consumption of sweets.²



Consumption of tree nuts, like pistachios, is linked to a trend toward reduced visceral fat and reduced waist circumference among a female young adult population.³



Eating as much as 20% of calories from pistachios may not lead to weight gain, but it may provide the added benefit of improving blood pressure.²



Tree nuts, like pistachios, affect adiposity through appetite control, in part, thanks to the dietary fiber, fats, and protein they provide.⁴



Consuming pistachios, as snacks, versus typical carbohydrate snacks, is linked to a reduction in waist circumference among a female young adult population.³



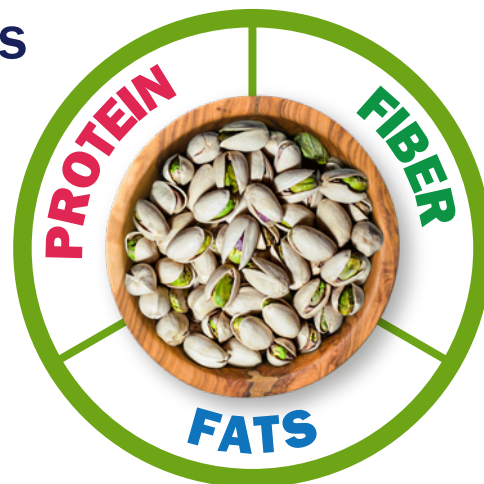
People with extra body weight who ate pistachios lost weight and improved their triglyceride levels (blood fats).⁵

The Trifecta: Protein-Fiber-Healthy Fats

Pistachios are often hailed as a powerhouse for weight management due to their unique combination of protein, fiber, and healthy fats.

- The protein content in pistachios helps in building and repairing tissues, and it also keeps you feeling full for longer periods, potentially curbing overeating.
- The fiber found in these nuts aids digestion and promotes a healthy gut, while simultaneously contributing to a sense of fullness.
- The healthy fats in pistachios, including monounsaturated and polyunsaturated fats, play a crucial role in providing sustained energy and supporting overall metabolic health.

Together, this trifecta of nutrients makes pistachios an ideal snack for those seeking to manage their weight effectively.



Adding Pistachios to Your Daily Routine

Incorporating pistachios into your diet may support weight management due to their nutrient-dense profile and satisfying nature. Here are some tips to add them to your daily routine:



1. **Add to Salads:** Sprinkle pistachios on top of salads for a crunchy texture and a boost of plant-based protein and healthy fats
2. **Incorporate into Baking:** Use crushed pistachios in baking recipes such as muffins, cookies, or bars for added flavor and nutrients
3. **Yogurt Toppings:** Use pistachios as a topping for Greek yogurt along with some fresh fruit for a balanced breakfast or dessert option
4. **Trail Mix:** Create a homemade trail mix with pistachios, dried fruits, and dark chocolate
5. **Oatmeal Mix-In:** Stir pistachios into your oatmeal along with some honey and cinnamon for a delicious and hearty breakfast
6. **Pistachio Crusted Proteins:** Use crushed pistachios as a coating for chicken, fish, or tofu before baking for a crunchy and flavorful crust
7. **Dips and Pestos:** Add pistachios to homemade dips such as hummus or mix them into basil pesto for a unique twist on classic recipes

By exploring these creative ideas, you can enjoy the versatility of pistachios while enhancing the nutritional value of your meals and snacks!

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3. Sumiowski K, Widmer A, Suro RR, Robles ME, Lillegard K, Olson D, Koethe JR, Silver HJ. Consumption of Tree Nuts as Snacks Reduces Metabolic Syndrome Risk in Young Adults: A Randomized Trial. *Nutrients*. 2023; 15(24):5051. <https://doi.org/10.3390/nu15245051>
4. Tindall AM, Petersen KS, Lamendella R, et al. Tree Nut Consumption and Adipose Tissue Mass: Mechanisms of Action. *Curr Dev Nutr*. 2018;2(11):nz069. Published 2018 Aug 3. doi:10.1093/cdn/nz069
5. Li Z, Song R, Nguyen C, et al. Pistachio nuts reduce triglycerides and body weight by comparison to refined carbohydrate snack in obese subjects on a 12-week weight loss program. *J Am Coll Nutr*. 2010;29(3):198-203. doi:10.1080/07315724.2010.10719834