



Valentine's Day seems to creep up on us year after year. The question we pose to you is...are you Valentine Ready? And no, we're not talking about the usual flowers and chocolates...we're going a bit deeper and delving into your personal lives.

**Have you stopped to think about  
what it means to be Valentine Ready?**

Well, **American Pistachio Growers** has a few tips for you this year and they involve focusing not only on the outside, but also on the inside. You may be surprised to know that what you eat can help prepare you to look and feel your best...and isn't that what we want whether or not we have a Valentine?





When it comes to Valentine's Day,  
pistachios are what we like to call  
*"The Love Nut." Why?*



- **Getting ready for a big date?** Got some love handles you'd like to get rid of? Consider snacking on pistachios. Results from recent studies suggest that U.S. adults who consume nuts, such as pistachios, versus those who do not may have lower body weight measures and lower risk of obesity, a lower prevalence of health risks and better diets.



- **Be still my beating heart.** Research has shown that eating calorie-controlled amounts of pistachios as part of a heart-healthy diet can help manage healthy cholesterol levels, inflammation and blood vessel health.



- **Valentine's Day got you stressed?** No need to stress: a serving of crunchy green pistachios may help lower your blood pressure. Researchers from Pennsylvania State University reported that eating pistachios may help prevent hypertension in people who have cardiovascular risks.



- **Behind closed doors.** Maintaining a healthy heart and blood vessels as men age is important, but it can also be good for their sex life. Emerging research demonstrated that men who added pistachios to their diet for three weeks improved markers of erectile function at the end of the study.

Now is the time to start getting yourself ready for Valentine's Day,  
and American Pistachio Growers is here to help you out.

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## “Pump up the volume, not your heart rate”

# Heart Health

There is scientific research that supports the power of pistachios for **heart health and the health of blood vessels.** The U.S.

Food and Drug Administration recognizes that tree nuts, including pistachios, can be part of a heart-healthy diet. Pistachios have more nuts per serving, 49, than any other tree nut, and contain only 160 calories in this one-ounce serving size.



Research has shown that eating calorie-controlled amounts of pistachios as part of a heart-healthy diet can help **manage healthy cholesterol levels, inflammation and blood vessel health.** Eating a healthy diet, exercising and snacking on The Love Nut can help keep your heart vigorous and strong.



Pistachios contain **“good” fats,** less than 2 grams of saturated fat per ounce, and do not contain cholesterol or trans fat. Having high levels of “good” fat reduces the risk for heart disease and helps remove harmful bad cholesterol from where it doesn’t belong in your body.

There’s even more reason to love pistachios. When you see the American Heart Association’s Heart-Check mark\* on select packages of pistachio nuts grown and marketed by members of American Pistachio Growers, you’ll instantly know they have been certified to meet the American Heart Association’s guidelines for a **heart-healthy food.**



\*All certified nuts, including salted varieties, must meet the American Heart Association’s nutritional criteria, which include a limit of 140 mg or less of sodium per label serving size. Please note that the Heart-Check Food Certification does not apply to information reached through hyperlinks unless expressly stated. For more information, see the AHA nutrition guidelines at: [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).



**"Bye-bye, love handles!"**

## Weight Management



### **Lose those love handles!**

A typical one-ounce serving, which is about 49 pistachios, contains only 160 satisfying calories.



Good things come in small packages. Pistachios are a one-stop shop, containing **3 grams of fiber, 6 grams of protein and 11 grams of heart-healthy fats** per serving.

Research shows that simply shelling and eating pistachios one by one slows consumption, allowing you to

**feel full more easily.**<sup>1,2</sup>



### **A key component to maintaining a healthy weight is eating small snacks throughout the day.**

Eating portion-controlled snacks is a way to keep your metabolism going and maintain energy levels between meals. Pistachios are made up of nutrient-rich foods that contain fiber, lean plant-based protein and healthy fat.

Results from recent studies suggest that U.S. adults who consume nuts, such as pistachios, versus those who do not may have

**lower body weight measures and lower risk of obesity, a lower prevalence of health risks and better diets.**



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<sup>1</sup> Honselman, C.S., Painter, J.E., Kennedy-Hagan, K.J., Halvorsen, A., Rhodes, K., Brooks, T.L., & Skwir, K., 2011. In-shell pistachio nuts reduce caloric intake compared to shelled nuts. *Appetite*. Oct; 57(2): 414-7.

<sup>2</sup> Kennedy-Hagan, K., Painter, J.E., Honselman, C., Halvorsen, A., Rhodes, K., & Skwir, K., 2011. The effect of pistachio shells as a visual cue in reducing caloric consumption. *Appetite*. Oct; 57(2): 418-20.





"No need to stress"

## Control Hypertension



No need to stress: a serving of crunchy green pistachios **may help lower your blood pressure.**

Researchers from Pennsylvania State University reported that eating pistachios may help prevent hypertension in people who have cardiovascular risks.<sup>3,4</sup>



Not only can pistachios help your body cope with stress, but **the act of shelling The Love Nut** can be just the calming distraction you need.



The study found that pistachios **help reduce blood pressure and biological responses to stress** when added to a healthy diet. A serving of pistachios contains 8 percent of the daily value for both potassium and magnesium, which are important in maintaining healthy blood pressure.

<sup>3</sup> West, S.G., Kay, C.D., Gebauer, S.K., Bagshaw, D.B., Savastano, D.M., Diefenbach, C., & Kris-Etherton, P.M. Diets Containing Pistachios Reduce Systolic Blood Pressure and Peripheral Vascular Responses to Stress in Adults with Dyslipidemia. *Hypertension*. Published online June 4, 2012; <http://hyper.ahajournals.org/content/early/2012/06/04/HYPERTENSIONAHA.111.182147>

<sup>4</sup> Brookes, L., Consciousness of Blood Pressure Is Rising: Pistachios May Reduce Risk for Hypertension. *Medscape*.



“Look good from the inside out”

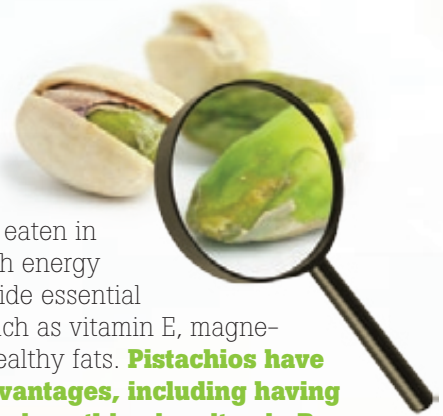
## Anti-Aging



There are many benefits when it comes to consuming pistachios, including **increasing your anti-oxidant intake**. Antioxidants are dietary substances that can prevent damage to your body cells or repair damage that has been done. Antioxidants are important to a person's health and help prevent age-related diseases like Alzheimer's and cataracts.



Pistachios also contain vitamin E, which is known for its antioxidant qualities, but goes beyond that. There is significant evidence that vitamin E can protect against heart disease and may slow the deterioration associated with aging. **Vitamin E does an excellent job protecting the skin from UV damage, providing daily defense against premature aging and skin cancer.**



Nuts, when eaten in balance with energy needs, provide essential nutrients such as vitamin E, magnesium and healthy fats. **Pistachios have several advantages, including having more potassium, thiamin, vitamin B<sub>6</sub>, beta-carotene, lutein and zeaxanthin than other nuts.**<sup>5,6,7</sup>



As we get older, so do our eyes and skin. Pistachios contain lutein and zeaxanthin, which are carotenoids that can help **protect the skin from damage caused by sunlight or UV rays**. In addition to important eye and vision benefits, lutein may help **protect against buildup of fatty deposits in arteries**, a disease that leads to most heart attacks.

<sup>5</sup> Richer, S., Devenport, J., & Lang, J.C., LAST II: Differential temporal responses of macular pigment optical density in patients with atrophic age-related macular degeneration to dietary supplementation with xanthophylls. *Optometry* 78 (5) (2007), pp. 213-219.

<sup>6</sup> SanGiovanni, J.P., Chew, E.Y., & Clemons, T.E.; et al, Age-Related Eye Disease Study Research Group. The relationship of dietary carotenoid and Vitamin A, E, and C intake with age-related macular degeneration in a case-control study: AREDS report No. 22. *Arch Ophthalmol.* 2007; 125 (9): 1225-1232.

<sup>7</sup> U.S. Department of Agriculture, Agricultural Research Service, USDA National Nutrient Database for Standard Reference, Release 15, 2002. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>.

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## "Oh my, Valentine!" *Erectile Function*



Maintaining a healthy heart and blood vessels as men age is important, but it can also be good for their sex life. Emerging research demonstrated that **men who added pistachios to their diet for three weeks showed improved markers of erectile function** at the end of the study.



The study, which was published in the *International Journal of Impotence Research*,<sup>8</sup> showed the participants, when consuming pistachios as part of their diet, had a **significant reduction in total blood cholesterol and LDL ("bad") cholesterol**, and a significant increase in HDL ("good") cholesterol.



The authors of the international study report that several attributes of **pistachios may have contributed to both the erectile function and blood lipid movements**, including their healthy fats, natural plant sterols, protein, fiber and antioxidants.

<sup>8</sup> Aldemir, M., Okulu, E., Neşelioğlu, S., Erel, O., & Kayigil, O., 2011. Pistachio diet improves erectile function parameters and serum lipid profiles in patients with erectile dysfunction. *Int J Impot Res.* 23(1): 32-8.





## The "Love Nut" Research Resources

**Thomas Hopkins, M.D.**, is a board-certified physician in internal medicine who is in private practice in Sacramento, California. Dr. Hopkins wears many different hats: he is the medical director for cardiac rehabilitation and wellness, employee health services and utilization management, and holds leadership positions, in a large, multi-specialty Independent Physician Association (IPA) in Sacramento. He was previously the medical director for the tobacco cessation program at the Sutter Bariatric Center at Sutter Medical Center, Sacramento. Dr. Hopkins currently serves as the chief medical correspondent for KCRA 3 in Sacramento, an NBC-affiliate television station where he delivers live television broadcasts on current issues relevant to health and medicine. He was the CEO and co-founder of Medi-Stop, Inc., a convenient care medical clinic in Sacramento.



Dr. Hopkins has been a practicing physician for 16 years. He worked as a physician within a large, multi-specialty group for six years prior to starting his private medical practice. He has served in several leadership positions within the community and local hospital. He formerly served as a delegate to the American Medical Association and California Medical Association. He serves as treasurer and board member for Sutter Independent Physicians, an organization of more than 750 independent practicing physicians in the Sacramento region.

Dr. Hopkins has a keen and genuine interest in improving patient education, increasing health screening and access to basic health care services and maximizing preventive strategies to preserve health and reduce disease. His areas of expertise include bariatric medicine, and he is interested in men's health issues as well. He has served on a national advisory panel for erectile dysfunction.

**Dr. Cathy Kapica** is a public health expert, food and nutrition scientist, and licensed health professional (RD) with over 25 years of experience providing strategic insights and effective tactics that support both public health and profitability for the food industry. She is adept at bridging the gap between the academic and policy worlds with business needs. As Senior VP of Global Health & Wellness at Ketchum, she helped multi-national and domestic food makers, commodity groups and organizations achieve business goals using science-based yet consumer-friendly approaches. As the first Global Director of Nutrition at McDonald's, she led their nutrition effort worldwide, working closely with a multidisciplinary team to develop and promote health and wellness initiatives in 118 countries. At the Quaker Oats Company, she developed and implemented science-based programs to promote the health benefits of whole grain oatmeal and breakfast to health professionals and consumers.



Her academic career includes a current appointment as adjunct nutrition faculty at Tufts University and prior faculty positions at the Chicago Medical School and the University of Pittsburgh School of Dental Medicine. She is an experienced media spokesperson and international presenter. Her extensive knowledge of health professional organizations began when she worked at the American Medical Association promoting nutrition in medical education.

Dr. Kapica is active in several professional organizations, including the Institute of Food Technologists, the American Society for Nutrition, and the Academy of Nutrition and Dietetics.

As a professional artist, she is able to tap into that creativity to help find solutions that work in the real world. Her key areas of strength include: up-to-date knowledge of global nutrition and health issues; situation analysis and identification of effective solutions; and influencer relations. She is a sought-after resource for scientific advisory boards.

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## PISTACHIO *Nutrition Benefits*

Good things come in small packages when it comes to the nutrition benefits of pistachios. A one-ounce serving of pistachios (about 49 nuts) contains a host of vitamins, minerals and other nutrients that bodies need to function and stay healthy. And all for about 160 calories. One ounce of pistachios provides:

### NUTRITION FACTS

Serving size: 1oz (28g/about 49 nuts)  
Servings per container: 6

Amount Per Serving			
Calories 160		Calories from Fat 120	
%Daily Value*			
<b>Total Fat</b>	13g	20%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Polyunsaturated Fat	4g		
Monounsaturated Fat	7g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	120mg	5%	
<b>Potassium</b>	290mg	8%	
<b>Total Carbohydrate</b>	8g	3%	
Dietary Fiber	3g	12%	
Sugars	2g		
<b>Protein</b>	6g		
Vitamin A	2%	Vitamin C	2%
Calcium	4%	Iron	6%
Vitamin E	2%	Thiamin	15%
Vitamin B <sub>6</sub>	15%	Folate	4%
Phosphorus	15%	Magnesium	8%
Zinc	4%	Selenium	4%
Copper	20%		

\*Percent Daily Values are based on a 2,000 calorie diet.  
Daily Values may be higher or lower depending on your calorie needs.

Data from the USDA National Nutrient Database  
for Standard Reference, Release 23 (2010).

- More dietary fiber (3 grams) than ½ cup of cooked broccoli
- 6 grams of protein—the same amount as in 1 ounce of soybeans
- “Good” fat—7 grams of monounsaturated and 4 grams of polyunsaturated fat, which are considered heart-healthy
- Less than 2 grams of saturated fat
- Phytosterols, which may decrease the risk of heart disease
- As much potassium as ½ of a large banana
- Vitamin B<sub>6</sub>
- Copper
- Thiamin
- Phosphorous
- Manganese
- No cholesterol
- No trans fat



## AMERICAN PISTACHIOS: THE SMART RECIPE FOR *Healthy Snacking*



**Recipes  
by Chef Grant  
MacPherson**

### **THYME & GARLIC AMERICAN PISTACHIOS**

1 pound	American pistachios, in shell
4 sprigs	thyme, chopped
½ ounce	garlic, sliced
4 tablespoons	canola oil
Sea salt to taste	

Warm canola oil in a roasting pan on your stovetop; add the pistachios and toast. Add the sliced garlic and thyme sprigs; continue toasting until the garlic and thyme have coated the pistachios. Season with sea salt to taste. Remove from heat; serve warm in the vessel of your choice.

*Yield: 1 pound snacking nuts.*

### **AMERICAN PISTACHIOS WITH TERIYAKI & DIJON MUSTARD**

1 pound	American pistachios, in shell
6 tablespoons	teriyaki sauce
2 tablespoons	Dijon mustard
2 tablespoons	canola oil
Sea salt to taste	

Warm canola oil in a roasting pan on your stovetop; add the pistachios and toast. Add the teriyaki sauce and Dijon mustard, coating the pistachios evenly; season with sea salt to taste. Remove from heat; serve warm in the vessel of your choice.

*Yield: 1 pound snacking nuts.*

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## CURRY-DUSTED AMERICAN PISTACHIOS

1 pound American pistachios, in shell  
½ ounce yellow curry powder  
4 tablespoons canola oil  
Sea salt to taste

Warm canola oil in a roasting pan on your stovetop; add pistachios and toast. Add the curry powder and continue toasting; season with sea salt to taste. Remove from heat; serve warm in the vessel of your choice.

*Yield: 1 pound snacking nuts.*

## AMERICAN PISTACHIOS WITH TEXAS PETE HOT SAUCE

1 pound American pistachios, in shell  
3 tablespoons Texas Pete hot sauce  
4 tablespoons canola oil  
Sea salt to taste

Warm canola oil in a roasting pan on your stovetop, add the pistachios and toast. Add Texas Pete hot sauce, coating the pistachios evenly; season with sea salt to taste. Remove from heat; serve warm in the vessel of your choice.

*Yield: 1 pound snacking nuts.*

## AMERICAN PISTACHIOS WITH BLACK & WHITE PEPPERCORNS

1 pound American pistachios, in shell  
¼ ounce ground white peppercorns  
¼ ounce ground black peppercorns  
4 tablespoons canola oil  
Sea salt to taste

Warm canola oil in a roasting pan on your stovetop; add the pistachios and toast. Add the ground white and black pepper, coat evenly and continue toasting; season with sea salt to taste. Remove from heat; serve warm in the vessel of your choice.

*Yield: 1 pound snacking nuts.*





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