

Pistachios Super Heart. Snack.

Packed with nutrition, fiber, vitamins and more, California-grown pistachios are the delicious, fun-to-eat treat that satisfies. Here are the Top Ten reasons why pistachios make a better-for-you snack choice.



Good Source of Fiber; Highest Among Nuts

Beneficial for the digestive tract and for the maintenance of healthy cholesterol and blood sugar levels.



Super Nutrient Dense In 8 Nutrients

In relation to calories, pistachios are nutrient dense in thiamin, vitamin B6, copper, manganese, potassium, dietary fiber, phosphorus and magnesium.



Excellent Source Of B6; Highest Among Nuts

Shown to lower homocysteine levels; required for a range of biochemical reactions involved in protein metabolism, immune function.



Rich in Polyphenol Antioxidants

Protects against oxidative stress and inflammation; more total polyphenols than any fruit or vegetable on an equal weight basis.



Anthocyanins –Rich Purple Color In Skins

Antioxidant polyphenols; help reduce oxidative stress and inflammation.



Amino Acid Arginine

Precursor to nitric oxide, the natural antioxidant that helps dilate vessels and increase blood flow.



Positive Arginine: Lysine Ratio (1.8:1)

Shown to lower cholesterol.



Lutein-Rich Yellow Green Color For Eye and Artery Health

More lutein than a glass of orange juice or three medium tangerines.



Offers High Satiety, In-Shell Slows Consumption Time

Protein and fiber helps satisfy. As an in-shell snack, takes longer to eat so you eat less.



Good Snacking Habit For Life; Good Example For Children

Healthful alternative to snacks high in sugar, saturated fat and low in nutrients.

Nutrition Facts

Serving Size 1 oz (28 g / about 43 kernels)

Amount Per Serving

Calories 170 Calories from Fat 120

% Daily Value*

Total Fat 13 g **20%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Polyunsaturated Fat 4 g

Monounsaturated Fat 7 g

Cholesterol 0 mg **0%**

Sodium 160 mg **7%**

Potassium 290 mg **8%**

Total Carbohydrate 8 g **3%**

Dietary Fiber 3 g **12%**

Sugars 2 g

Protein 6 g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 6%

Thiamin 15% • Vitamin B6 20%

Phosphorus 15% • Magnesium 8%

Copper 20% • Manganese 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Potassium 3,500 mg 3,500 mg

Total Carbohydrate 300 g 375 g

Dietary Fiber 25 g 30 g

Phytosterols 60 mg

Antioxidants (polyphenols) 464 mg

Lutein 337 mcg

Arginine 590 mg

Omega-6 fatty acids (linoleic) 3.8 g



Sunkist
CALIFORNIA
PISTACHIOS



11444 W. Olympic Blvd., Suite 250, Los Angeles, CA 90064
Available in the produce department of your local grocery store.

For more information contact Paramount Farms Public Relations (310) 966-4681.