



Pistachios & 'mindful eating'

Studies show that pistachios in the shell may have an added benefit for weight management because they help us become more 'mindful' of what we eat.

One study found that the pistachio shells take longer to remove so participants who consumed in-shell pistachios ate 41% fewer calories than those who consumed shelled pistachios. Another study revealed that discarded pistachio nut shells provide a 'reminder' of how much has been eaten which again results in less calories being consumed.



Behavioural eating expert and study author, James Painter, Ph.D., R.D., Chair of the School of Family and Consumer Sciences at Eastern Illinois University and a member of the scientific advisory board for California Pistachios, says:

"Both studies emphasise that in-shell pistachios are a practical, everyday snack for a healthy, balanced lifestyle."

In addition, a study conducted by the United States Department of Agriculture (USDA) found that fat in pistachios may not be completely absorbed in the body. This suggests that pistachios may actually contain fewer calories per serving than originally thought.



100% delicious

Wonderful Pistachios are available in four irresistible varieties. The perfectly seasoned flavours are ideal for enjoying with friends and family.



Wonderful Pistachios Roasted & Salted are satisfyingly crunchy and roasted to perfection with just a touch of salt



Wonderful Pistachios Salt & Pepper have a delicate pepper flavour making them deliciously different



Wonderful Pistachios Sweet Chilli combines a perfect mix of sweetness, crunch and tangy chilli peppers sure to spice up every snack occasion



Wonderful Pistachios Roasted No Salt boasts pure, natural pistachio flavour and nothing else - perfect for pistachio lovers everywhere

Wonderful™



PISTACHIOS



An irresistible natural snack that's bursting with goodness

Pistachios pack a powerful punch

♥ Nutrient rich

Contains plenty of essential nutrients including Thiamin (B1), Vitamin B6, copper, magnesium, potassium and fibre

♥ A source of essential fatty acids

Omega 3 fatty acids contribute to a healthy cardiovascular system

♥ Contain alpha-linolenic acid

Eating a handful of nuts a day as part of a healthy balanced diet helps maintain heart health

♥ Source of protein and fibre

A 30g serving of nuts a day, as part of an energy restricted diet combined with regular exercise, helps maintain a healthy weight

♥ Delicious

California pistachios make a delicious, satisfying snack to enjoy at work or to share with friends

Top quality pistachios from California



Wonderful Pistachios are renowned for their superior quality and large size



Wonderful Pistachios are 100% naturally ripened and opened by the warm sun of California's San Joaquin Valley



They are then dry roasted to perfection, without adding oil

100% committed to sustainability



Energy is conserved as Wonderful Pistachios are roasted using solar energy



Water is conserved with a clever low pressure irrigation system that prevents excess water usage



Wonderful Pistachios come in environmentally friendly packaging made with recycled fibre

Want to know more about pistachios?

www.pistachiohealth.com

www.wonderfulpistachios.com



FUN FACTS



Humans have eaten pistachio nuts for at least 9,000 years.



Thanks to their high nutritional value and long storage life, pistachios were an indispensable travel item among early explorers and traders, including travellers across the ancient Silk Road that connect China with the West.



California is a leading producer of pistachios producing 200,000 tons of pistachios each year.



In China, the pistachio is known as the "Happy Nut" because it looks like it is smiling.



In Russia, legend says that anyone who hears the crack of an opening pistachio nut will soon find success.



One of the most popular sayings in Mexico is "Quiere el pistache pelado y en la boca" which means wanting everything the easy way.

Wonderful™
PISTACHIOS

