

# Pointers For Parents

## Building Healthy Snacking Habits

(NAPSA)—Getting your family to develop healthy snacking habits doesn't have to be an uphill battle. The key is to find foods that are packed with nutrients but are still fun to eat.

For instance, pistachio nuts are a healthful alternative to snacks that are high in sugar, sodium and saturated fats. Plus, kids love cracking the nuts open, making them a nutritious, fun food that they look forward to eating.

"With all the recent excitement about the health benefits of nuts, now is the time for parents to put the spotlight on pistachios," says Dr. David Heber, director, UCLA Center for Human Nutrition. "The nuts are packed with nutrition, and kids love eating them. Plus, they're a satisfying snack that keeps children feeling full longer."

### No Average Nut

So just how good are pistachios? Nutritionists say they are an excellent source of vitamin B6 and copper. They also provide calcium, fiber, magnesium and potassium—four out of the five nutrients that the U.S. government's "Dietary Guidelines" reports America's children are missing.

Additionally, pistachios are the only nut to contain significant amounts of lutein and zeaxanthin—two carotenoids that have been associated with the prevention of age-related macular degeneration.

### Lifelong Health

Nuts from brands like Wonderful® Pistachios can be a great way to encourage children to snack healthfully.

These pistachios are roasted to



**Pistachio nuts are nutrient packed and a fun, kid-friendly snack.**

add a wonderful crunch and then lightly salted to add a touch of flavor. The nuts can help show kids that healthful eating can be both fun and tasty.

### Nutty Nutrition

If you need a few other reasons to go nuts over pistachios, check out these facts:

**A True Superfood**—A 1-ounce serving of pistachios, with 49 kernels, has 160 calories and offers more than 30 different vitamins, minerals and beneficial nutrients. Pistachios are an excellent source of vitamin B6, copper and manganese.

**Protein and Fabulous Fiber**—Along with protein, one handful of pistachios offers 3 grams or more of fiber. Fiber aids digestion, promotes satiety and helps maintain a healthy body weight.

**Happy Hearts**—Pistachios offer high levels of phytosterols, which are important for heart health.

For more information, visit [wonderfulpistachios.com](http://wonderfulpistachios.com) or [pistachiohealth.com](http://pistachiohealth.com).