

Nuts About Pistachios

(NAPSA)—More than just a tasty snack, tree nuts—such as pistachios—may actually help lower the risk of heart disease. Plus, research shows that nut consumption is associated with a lower body mass index and has not been shown to cause weight gain.

To help reduce the risk of heart disease, it's important to get regular exercise and follow a healthy diet low in sodium and unhealthy saturated and trans fats but high



Adding pistachios to your diet can help lower cholesterol and reduce the risk for heart disease.

in fiber, healthy monounsaturated fats and plant sterols. One way to accomplish this is by eating pistachios. According to a recent Penn State study:

- Adding one to two handfuls of pistachios per day to a low-fat diet can reduce LDL “bad” cholesterol levels 9 to 12 percent; and
- HDL “good” cholesterol levels in women increased when adding 3 ounces of pistachios per day to the diet.

To learn more about the heart-healthy benefits of pistachios, visit www.PistachioHealth.com and www.WonderfulPistachios.com.