

# Nutrition In A Nutshell

## Parents: Pistachios Have Come Out Of Their Shell

(NAPSA)—Nutritionists and parents alike are nuts over pistachios—and with good reason.

The U.S. government's "Dietary Guidelines" reports America's children are missing out on five essential nutrients critical to their growth and health.

Four of those five nutrients—calcium, fiber, magnesium and potassium—can be found in pistachios. Additionally, pistachios are cholesterol free and good sources of thiamine, vitamin B6, manganese and protein.

### Serious Fun

Perhaps equally important, though, children say pistachios are a tasty, fun-to-eat snack. And now, new types of pistachios have helped the nut become even more kid friendly. For instance, Everybody's Nuts! California-grown pistachios feature only the largest nuts, come with a comic strip in every box and are available in four varieties: Salt & Pepper, European Roast, Roasted & Salted and Roasted No Salt. Plus, each box features an "always open" nut guarantee: if you find a closed nut, send it in (along with proof of purchase) and receive another box free of charge. The pistachios are available in the produce department at grocery stores.

### Serious Nutrition

"With all the recent excitement about the health benefits of nuts, now is the time for parents to put the spotlight on pistachios," says



**Lunchbox Ready—Pistachios are a child-friendly snack that pack a nutritional punch.**

Dr. David Heber, director, UCLA Center for Human Nutrition at the University of California, Los Angeles. "The nuts are packed with nutrition and kids love eating them. Plus, they're a satisfying snack that keeps children feeling full, longer."

- Pistachios are a "superfood," meaning one serving of pistachios offers dense levels of eight nutrients including copper, manganese, vitamin B6 and phosphorus.

- One handful of pistachios offers a natural source of 3 grams or more of fiber. Fiber aids digestion, promotes satiety and helps maintain a healthy body weight.

- Pistachios offer high levels of phytosterols, which are important for heart health.

For more information, visit [www.everybodysnuts.com](http://www.everybodysnuts.com).