

Healthy Living

Pistachios Can Be Part Of Weight Control Plan

(NAPSA)—If you're one of the millions of Americans who made a resolution to lose weight, March (National Nutrition Month) may find you wondering how to best achieve your goals. There is no quick fix. The newly released 2001 USDA Diet Research Report found that a moderate approach to diet combined with exercise works best over time because it's easier to stick with in the long run.

"Enjoying what you eat is critical to your success with weight management, and making the most of your choices, including smart snacking options, can help you reach your desired weight," says Kathy McMahon, PhD, RD and nutrition consultant to the California Pistachio Commission. "Although nuts have been maligned in diet circles in the past, snacking on nuts can in fact be part of a weight control plan. For example, a one-ounce serving of pistachios fits well within dietary guidelines while delivering valuable nutrients and great taste."

McMahon also cautions that in reaching weight loss goals, a little knowledge of portion size goes a long way. Not only are pistachios packed with a satisfying crunchy taste, you can enjoy more pistachios per one-ounce serving—47 kernels—than any other snack nut, according to the USDA.

Choosing a snack option such as pistachios provides you with vitamins and minerals from A to zinc, including B-6, magnesium, phosphorus, thiamin and potas-



People are just nuts about pistachios, a cholesterol-free snack that's full of vitamins and minerals.

sium. Pistachios are also low in saturated fat, are cholesterol free and contain primarily mono-unsaturated fat, the same heart-healthy fat found in olive oil. Research currently underway shows that people who include nuts in a moderate fat, calorie-controlled diet plan actually have a better chance of staying on their diets.

"The theme for the 2001 National Nutrition Month '*Food & Fitness Build a Healthy Lifestyle*' really sums up what you need to do," says McMahon. "Build your own balanced diet by making wise choices with the food you enjoy, keep an eye on portion size and round it out with moderate exercise to keep you on track with reaching your goals."

Look for the California Pistachios service mark to ensure freshness and quality. For more information and great recipes, visit www.pistachios.org.

Note to Editors: March is National Nutrition Month.