

Nutrition News & Notes

Snacking for Good Health with California Pistachios

(NAPSA)—As our lives are now busier than ever, it is not surprising that snacking has become an important part of our daily routine—critical for nourishment, convenience and enjoyment. According to *Consumer Reports on Health*, three out of four adults eat at least one snack every day, with snacks accounting for up to 25 percent of total calories in a day eaten outside the recognized three square meals.

California pistachios can provide you with nutrients that you may not receive at meal times while fitting into the current consumer trend of seeking portable and enjoyable foods. Over 50 percent of consumers consider pistachios an everyday snack, according to recent research conducted on behalf of the California Pistachio Commission. Stored properly, pistachios stay fresh, are convenient and can be carried around with ease.

Better still, nuts taste good and contain many essential nutrients that contribute to good health. For instance, California pistachios are “nutrient dense.” A serving of pistachios contains 170 calories and is a good source of many key nutrients containing over 10 percent of the Daily Value of fiber, protein, vitamin B-6, thiamin, phosphorus, magnesium, and copper. In addition, scientific evidence is mounting to show that consuming nuts can



play a role in managing your weight.

For heart health, pistachios contain predominantly monounsaturated fat, shown to lower both total and LDL “bad” cholesterol levels and heart disease risk. A handful or one-ounce serving of pistachios, that’s 47 kernels according to the USDA, contains 13 grams of total fat with only 1.5 grams being saturated. And, pistachios are naturally cholesterol free. New information on components called phytosterols found in nuts may also be involved with the reduction of heart disease risk.

Nuts may also be a smart choice for those who suffer from Type II Diabetes, which can be controlled with diet. In fact, the most recent recommendations for diabetics include following a diet

low in carbohydrates and high in monounsaturated fat, with nuts such as pistachios, to help control insulin levels.

Remember, eating a variety of foods, along with portion control and regular physical activity are key to a healthy lifestyle. Grabbing a handful of California pistachios can be a wise choice for ensuring your good health.

For more information and recipes that include irresistible pistachios, visit www.pistachios.org.

California Pistachio Crostini

- 1 loaf baguette-size French bread**
- ¾ cup roasted red peppers, chopped**
- ½ cup Parmesan cheese, grated/crumbled**
- 1 garlic clove, minced**
- 1 tbsp. rosemary, crumbled**
- ¼ cup olive oil**
- ½ cup roasted & salted California pistachios, chopped**
- 1 tbsp. parsley, minced**

Cut baguette into ½-inch slices. Mix together peppers, cheese, garlic, rosemary and oil. Spoon topping on bread, then top with pistachios. Place on cookie sheet. Bake at 400 degrees F. for 10 minutes or until heated through. Sprinkle with parsley. Makes approximately 3 dozen pieces.