



FACT SHEET

According to the FDA, "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

One serving of pistachios has as much potassium (300mg, 8%) as an orange (250mg, 7%).

Pistachios contain more than 10% of the Daily Value of dietary fiber and essential vitamins and minerals like B₆, thiamin, copper and phosphorus.

A one-ounce serving of pistachios equals 49 nuts — more per serving than any other snack nut.



You can obtain about as much dietary fiber from a serving of pistachios (2.9g, 12%) as from a 1/2 cup cooked broccoli (2.5g, 10%).

Pistachios are a naturally cholesterol-free snack that contain 1.5g of saturated fat.

Pistachios, with 6g of protein, are considered part of the protein group according to the USDA MyPlate.

Pistachios, like olive oil, primarily contain monounsaturated fat. The *Dietary Guidelines for Americans* recommend you get most of your fats from sources of polyunsaturated and monounsaturated fatty acids.

NUTRITION FACTS		
SERVING SIZE		
1 OZ. (28.35 G) OR		
49 ROASTED/SALTED PISTACHIO KERNELS		
Amount Per Serving		
Calories	160	Calories from Fat 120
		%Daily Value*
Total Fat	13g	20%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Polyunsaturated Fat	4g	
Monounsaturated Fat	7g	
Cholesterol	0mg	0%
Sodium	120mg	5%
Potassium	290mg	8%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	12%
Sugars	2g	
Protein	6g	
Vitamin A	2%	Vitamin C 2%
Calcium	4%	Iron 6%
Vitamin E	2%	Thiamin 15%
Vitamin B ₆	15%	Folate 4%
Phosphorus	15%	Magnesium 8%
Zinc	4%	Selenium 4%
Copper	20%	

*Percent Daily Values are based on a 2,000 calorie diet. Daily Values may be higher or lower depending on your calorie needs. Data from the USDA National Nutrient Database for Standard Reference Release 23 (2010).

