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4 Reasons to Eat Pistachios

Pistachios, like most nuts, are a healthy snack when eaten in moderation, and their fat content can help stave off hunger pangs. If you need more reasons to pick up a bag of pistachios, consider this – pistachios:

1. **Can help reduce the risk of heart disease.**
They are rich in the amino acid arginine, phytosterols and unsaturated fat – all of which promote heart health.
2. **Are a good source of polyphenol antioxidants,** which protect against oxidative stress and inflammation.
3. **Can promote eye health.** Pistachios have high levels of the carotenoids lutein and zeaxanthin, which can reduce the risk of age-related macular degeneration (AMD).
4. **Provide fiber.** One ounce of pistachios (about 47 nuts) has three grams of dietary fiber - more than a half cup of spinach and the same amount as an orange or apple.

**Why Dr. Weil
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cellular level"
~ Andrew Weil, M.D.**



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I recommend avoiding nuts that are dyed red or white, and eating only the natural ones (the green hue of the actual nut is natural and comes from chlorophyll). To keep pistachios fresh and crunchy, store them in an airtight container to prevent them from drawing moisture from the air and becoming soggy. If you keep them in the refrigerator or freezer, you can store them for as long as a year.

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