

New Study Shows Pistachios Help Lower Cholesterol

(NAPSA)—There is good news for the millions of American nut-lovers who are concerned about their cholesterol levels. A new research study released at the 2001 Experimental Biology annual conference, one of the largest scientific conferences in the U.S., found that eating two one-ounce servings of pistachios a day can help adults significantly lower their cholesterol levels.

Pistachios join the ranks of other nuts by unveiling clinical data to show that if you have a moderately high total cholesterol level—greater than 250mg/dl—the substitution of pistachios for other snack foods (20 percent of your caloric intake) can lower your total cholesterol and LDL cholesterol levels by nearly ten percent.

This is important news for the approximately 40 million American adults who have total cholesterol levels above 240mg/dl, because high cholesterol levels are linked to an increased risk of heart disease, the single leading cause of death in America for both men and women.

"This study helps debunk the myth that nuts can not be a part of a heart-healthy eating plan," says Kathy McMahon, PhD, RD and nutrition consultant to the California Pistachio Commission. "In fact, pistachios can fit well within dietary recommendations for heart-healthy eating, while delivering satisfying, great taste."

The study, conducted at Inova Fairfax Hospital in Virginia, adds to the mounting body of scientific evidence that demonstrates switching to monounsaturated fat, without lowering total fat, can have positive health benefits. Monounsaturated fats are found in food sources such as pistachios, avocados and olive oil.

The current USDA Dietary Guidelines for Americans stress consuming a diet that is low in



Berry Vineyard Pears with Pistachios: For this and other delicious recipes using California pistachios, send a stamped, self-addressed envelope to the California Pistachio Commission, 1318 East Shaw Avenue, #420, Fresno, CA, 93710-7912.

saturated fat and cholesterol, but *moderate*, not low, in total fat. In addition, the American Heart Association's most recent dietary recommendations stress making wise food choices and highlight nuts as part of a diet aimed at lowering cholesterol levels.

"California pistachios are 'nutrition in a nutshell' and an excellent snack choice because they contain valuable nutrients," adds McMahon. "So, when you are faced with the problem of how to easily change your diet to keep your cholesterol in check, don't shy away from a handful of pistachios."

A one-ounce serving of pistachios (47 according to the USDA) is full of nutrients, containing more than 10 percent of the Daily Value for key nutrients such as dietary fiber, vitamin B-6, thiamin, magnesium, phosphorus and copper. Pistachios are also low in saturated fat and are cholesterol-free.