

Nutrition In A Nutshell

Take Another Look At Pistachios— For Diabetes Prevention

(NAPSA)—Eating nuts, including pistachios, is now possibly linked to the prevention of type 2 diabetes in women. New research published in the November 2002 *Journal of the American Medical Association* reports that women who ate one ounce of nuts or a tablespoon of peanut butter five or more times a week reduced their risk of developing type 2 diabetes by 20 percent to 30 percent.

This is important news for diabetes prevention since, according to the American Diabetes Association, close to 17 million people in the United States have diabetes, and about one million adults are newly diagnosed each year. Recent studies have shown that diet and lifestyle modifications are important means of preventing type 2 diabetes, which is linked to cardiovascular disease, amputation, blindness and renal failure.

In addition, this study showed a linear relationship between consuming nuts or peanut butter and type 2 diabetes, which means that a higher consumption of nuts was related to a greater protective effect. So, for example, the group of women who consumed a one-ounce serving of nuts one to four times per week still had a 16 percent reduced risk of developing the disease.

While the researchers investigated nuts in general, all nuts, including pistachios, contain predominantly unsaturated fats and significant amounts of other nutri-



ents like dietary fiber and magnesium that may contribute to maintaining balanced insulin and glucose levels. And, for those worried about calorie intake and weight gain, study researchers recommend watching calories by substituting nuts for saturated fat foods or refined grain products. Although data from the study shows a higher calorie intake among the nut eaters, there were no significant differences in body mass index in comparison to those who never or rarely ate nuts.

It is easy to switch to California pistachios as a nutritious and satisfying snack. A one-ounce serving, that's 47 pistachios according to the USDA, contains 160 calories and 11 grams of unsaturated fat with only 1.5 grams of saturated fat. And, pistachios are naturally cholesterol free. Full of nutrients, California pistachios continue to rise to the occasion as a smart choice—so go ahead and grab a handful.

For more information, visit www.pistachios.org.