

GO NUTS OVER PISTACHIOS



Sources include: [USDA](#)

Pistachio nuts

Nutrient	Amount(g)	DV(%)
Total Fat	56 g	86%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Potassium	1,261 mg	36%
Total Carbohydrate	34 g	11%
Protein	25 g	50%

Pistachios are a good source of certain [B vitamins](#), including B6, a nutrient that's needed for immune function, nutrient metabolism, hemoglobin formation, cognitive development, and more.¹⁴

They're also rich in copper, a mineral that's needed for growth and development, red blood cell formation, energy production, iron metabolism, and neurotransmitter synthesis.¹⁵

Pistachios provide smaller amounts of other essential vitamins and minerals, such as potassium, vitamin E, iron, and zinc.

Risks of Eating Pistachios

Pistachios make a healthy choice for most people. However, when snacking on pistachios, it's important to consider their calorie and salt content. Like other nuts, pistachios are relatively high in calories and can be high in [sodium](#).

Roasted and salted pistachio products can contain high amounts of [added salt](#), so those who are salt-sensitive or who need to avoid products high in added salt may want to choose raw pistachios or unsalted roasted pistachios.

A Quick Review

Brightly hued and delicately-flavored, pistachios are amongst the most popular nuts in the world.

In addition to providing essential nutrients such as protein, B vitamins, and a number of minerals, they're also rich in antioxidant and anti-inflammatory plant compounds that are associated with impressive health benefits.

Eating pistachios has been linked to better blood sugar control, reduced blood pressure and blood lipid levels, and protection against cognitive decline.