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American Pistachio Growers and IDA discuss new insights on pistachios

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By **Pooja Yadav** | July 29, 2021



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Throwing light on new data and research on pistachios

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Leading health experts, nutritionists, fitness trainers, doctors, nutritionist shared insights on the latest research on Pistachios, a highly versatile healthy nut with unparalleled health properties.

Sumit Saran, India Representative of APG said, "Today there are a lot of research that details the protein component and other critical health benefits of pistachios. We need to create awareness among consumers. Pistachios that were hitherto only used as a garnish on Mithais etc. are now beginning to find a place in the Indian diet as a snack and this is a trend that will only increase as more people find out about the amazing properties of this nut."

Dr Mike Roussel who is a celebrated nutritionist and known to transform complex nutritional concepts into practical nutritional habits, said, "American grown Pistachio with its nutrient dense properties is a robust nutritional package in itself - a powerhouse of protein, antioxidants, essential amino acids, fiber, vitamin, potassium etc. A recent research at Loma Linda University also found that eating pistachios helps in increasing brain waves which increases retention power and mental processing. The lutein present in pistachios helps in eye health and reduces eye strain.”

Further, Kinita Kadakia Patel, Nutritionist and Founder MEAL pyramid remarked, "It is important to debunk the myth that pistachios increase cholesterol or blood sugar or put on weight. The fact is that it helps in cardiac health and in lowering sugar levels. Supremely high in melatonin, almost coming to 1.5 to 2 mg in a serving of pistachio, it is a great munching snack. For athletes who are taking protein supplements, pistachios are an excellent source and an energy booster. For vegans too, it is a perfect snack as a handful of pistachios have as much protein as an egg!"

Read online: https://nuffoodsspectrum.in/news/32/17802/american-pistachio-growers-and-ida-discuss-new-insights-on-pistachios.html
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