



November 2009 | Introducing The Green Nut News

It's time to "Go Green with Pistachios for Better Health"! Welcome to the first edition of *The Green Nut News* – a monthly e-newsletter from TheGreenNut.org that focuses on the health and wellness benefits of pistachios, the *only* green nut. We are excited to introduce our first monthly newsletter just in time for the busy and calorie-laden holiday season! Sometimes, it's a challenge making healthy choices during this time of year, so TheGreenNut.org is offering a number of simple tips and delicious ways to "go green" this season without overindulging.

GOBBLE, GOBBLE...Up Pistachios!

Thanksgiving is right around the corner and between the turkey stuffing, mashed potatoes, dinner rolls and pumpkin pie, Thanksgiving dinner is a carb overload – which may make your blood sugar levels go crazy. So how can you avoid the sugar crash and stay perky enough to join in that fun, post-feast football game? Incorporate pistachios into your meal!

According to a promising study conducted by nutrition researchers at the University of Toronto, eating pistachios with certain high-carbohydrate meals may result in a lower than expected blood sugar level – an important factor in reducing the risk of diabetes¹. Here are a few other kernels of good news to snack smartly and stay heart healthy over the holidays:

- Pistachios offer more than 25 vitamins, minerals and phytonutrients. They are among the highest fiber-containing nuts at 3g per ounce, and you can enjoy 49 nuts per serving, more than any other nut, making pistachios a perfect snack to have on hand all season long.

- Avoid the urge to overeat by grabbing a handful of pistachios before heading out to a holiday party. Having a healthy snack before arriving at a special gathering will make you less likely to binge on more unhealthy choices.

- Try introducing pistachios into your holiday salad recipes. Not only will it impress your guests with a delicious new flavor, but you will reap the benefits of the many antioxidants found in pistachios.

¹Cyril W. C. Kendall, Andrea R. Josse, and David J. A. Jenkins. Effect of pistachios consumed with different common

carbohydrate foods on postprandial glycemia. FASEB J. 2007 21:832.2

ASK The Green Nut Ambassadors



There's so much to do during the holidays that I barely have time to sit down and eat, let alone come up with healthy meal choices. What do you suggest for a woman who is always "on the go"?

- Melissa K. – Cincinnati, Ohio



What you put into your body can directly affect everything from stress and energy levels to weight and cardiovascular health — even your mood! In general, eating consistently throughout the day is going to make you feel better all around — and may even aid in weight loss! Small meals every two to four hours help stabilize blood sugar levels and provide more sustained energy. Don't we all need that — especially during the busy holiday season?!

On-the-go snacks are essential for busy women (I know I need them!) who need to stay fueled through the day without too much effort. A good on-the-go snack will have approximately 120 to 160 calories, provide some fiber and/or some protein and/or healthy fat. Think about giving your body just enough fuel to keep your metabolism going without overdoing calories and at the same time making sure those calories are as nutrient dense as possible. No room for wasted calories in our busy bods!

It's easy to be prepared with something as easy as homemade trail mix you can make ahead of time filled with dried fruits and shelled pistachios — offering a tasty, nutrient-rich snack for busy women just like you.



Keri Glassman, M.S., R.D., C.D.N., is president of Keri Glassman, Nutritious Life LLC, a bustling nutrition counseling and consulting practice based in New York. She is also the author of the upcoming book, "The O2 Diet," (Rodale, January, 2010) and the best-selling resource, "The Snack Factor Diet," published in April 2007 and is a regular contributor on The Early Show on CBS and *Women's Health* magazine.

RECIPE Of The Month



EATINGWELL.COM

Holiday Cranberry-Orange Pistachio Bars

Here's a sweet and crunchy recipe idea that your whole family will love, featuring nutrient-rich pistachios. Check out TheGreenNut.org for more great recipe ideas!

Yield: 16 bars

Prep Time: 20 minutes

Total Time: 1 1/4 hours (not including cooling time)

Ingredients

Crust

3 tablespoons unsalted butter
2 tablespoons granulated sugar
2 tablespoons light brown sugar
2/3 cup whole-wheat pastry flour
1/3 cup all-purpose flour
Pinch of salt

Topping

3/4 cup granulated sugar
2 tablespoons all-purpose flour
1/2 teaspoon baking powder
Pinch of salt
1 large egg
1 large egg white
1 teaspoon freshly grated orange zest
1/4 cup orange juice
2 cups cranberries, fresh or frozen, thawed, coarsely chopped
1/3 cup pistachios, preferably unsalted, chopped and toasted

Instructions

To prepare crust: Position rack in center of oven and preheat to 350°F. Coat an 8-inch, square baking pan with cooking spray.

Beat butter, 2 tablespoons granulated sugar and brown sugar in a medium bowl with an electric mixer until creamy. Stir in whole-wheat flour, 1/3 cup all-purpose flour and salt until well combined (the mixture will still be crumbly). Evenly press the mixture into the bottom of the prepared pan. Bake until just barely golden around the edges, 10 to 12 minutes.

To prepare topping: Combine 3/4 cup granulated sugar, 2 tablespoons all-purpose flour, baking powder and salt in a medium bowl. Add egg, egg white, orange zest and juice; stir until blended and smooth.

Sprinkle cranberries over the baked crust. Pour the orange mixture over the cranberries and sprinkle with pistachios.

Bake until golden and set, 40 to 45 minutes. Let cool completely on a wire rack; if possible, chill before cutting into squares.

Amount per bar: Calories 126, Carbohydrates 21g, Fat 4g, Saturated Fat 2g, Monounsaturated Fat 1g, Protein 2g, Cholesterol 19mg, Dietary Fiber 1g, Potassium 57mg, Sodium 44mg

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Coming December 2009: More Holiday Health Tips

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