



January 2010 - Happy New Year from The Green Nut!

As we kick off 2010, we have some exciting “new” news to share highlighting why it’s smart to snack on pistachios for better health.

According to the American Association for Cancer Research, a diet that incorporates a daily dose of pistachios may help reduce the risk of lung cancer and other cancers – due to the levels of Vitamin E. To learn more about this exciting new study visit: <http://www.thegreenut.org/health/research/2009-12-09-lung-cancer.html>

10 GREAT REASONS to “Go Green” in the NEW YEAR

As you begin another year, it’s a great time to make some resolutions you can actually keep! Our Green Nut Ambassadors [Keri Glassman](#), [Kathleen Daelemans](#) and [Alyse Levine](#) helped create this “Top 10” list of ways to achieve better health in 2010.

- Don’t skip meals: it slows your metabolism. Think of your body as a fire that needs fuel to keep burning. Eat small meals with some protein, healthy fats or fiber every 3-4 four hours.
- Don’t keep what you know you shouldn’t eat: if you can manage to restrain yourself from buying junk food once a week while you’re at the grocery store, that’s half the battle. Don’t keep foods around the house that tempt you.
- Keep a food journal: if you write down everything you eat, you feel more accountable for what you put in your mouth, and you will be less likely to grab that handful of candy or salty chips every afternoon.
- Trick yourself: sneak in nutrient-rich foods to your good daily habits. Top your morning oatmeal with pistachios, adding up to 20 percent of your Daily Value of B6.
- Play once a day: when bundling up your kids to play in the snow, bundle up yourself as well! Instead of watching from the window, get out with your kids and burn calories while building memories.
- Choose one new daily nutrition goal: add lemon slices to your water for increased antioxidants, kick that sugary soda habit, shoot to add a fresh vegetable to every meal, etc. Master one goal, then move on to another!
- Pack power in your diet with antioxidants: including antioxidant-rich foods in your diet helps pump up your immune system and keeps energy levels high. Some great options include pistachios, brightly colored vegetables and green tea.
- Jumpstart your diet: for the first four days of your diet, be extra strict and eat only nutrient-rich foods. This change will reprogram your taste buds and help you have fewer cravings during the rest of your diet.
- Stay heart healthy: put these foods in your grocery cart to protect your heart – salmon, flaxseed (which you can buy ground and hide in baked goods or cereals), oatmeal, black beans and of course nuts – like The Green Nut!
- Spice it up: be creative and experiment with different seasonings. Herbs and spices not only add tremendous flavor, but they also have many health benefits! Give your snack, particularly veggies, a kick with basil, oregano, garlic, Dijon

mustard, olive oil, and pepper.

ASK THE GREEN NUT AMBASSADOR – Alyse Levine, MS, RD

Q

A

What are some easy tips for women to compensate through diet when they have young families and no time for personal fitness?

- Don't eat off your kid's plate! All those little bites really add up and can have a big impact on your weight.
- Utilize the plate rule at all your meals (1/4 of your plate should be lean protein including lean cuts of meat, nuts like pistachios and beans, 1/4 starch and 1/2 vegetables).
- Pack snacks for you too - not just your kids. Eating between meals will prevent you from going into meals starving and over eating. Make healthy snacks like trail mix with pistachios and dried fruit.
- Play with your kids! Run around outside with them - you will benefit from all the activity and will be spending quality time together.



Based in Los Angeles, Alyse is a nutrition advisor for Lance Armstrong's LiveStrong.com and has been featured providing health and wellness advice on ABC's *Good Morning America* and Discovery Health. She is the creator of Nutritionbite LLC where she provides private, individualized nutrition counseling to promote general wellness and treat a wide range of nutrition-related diseases. As one of the country's most respected authorities on nutrition, Alyse has also been featured in numerous publications including *Shape*, *Health*, *Self* and *In Touch* among many others. To learn more about Alyse, visit www.nutritionbite.com.

RECIPE Of The Month



EATINGWELL.COM

Pistachio-Crusted Tuna Steaks

Pistachio crust teams up with a savory mustard-dill sauce for an exceptional tuna dish. Choose "sushi grade" tuna steaks if you prefer a milder flavor. Make it a meal: Serve on top of salad with a side of haricot vert (petite green beans).

Yield: 4 servings

Prep Time: 30 minutes

Total Time: 30 minutes

Ingredients

1 tablespoon thinly sliced shallot

1 bay leaf

1/2 cup white wine

3 tablespoons reduced-fat sour cream

2 teaspoons lemon juice

2 teaspoons chopped fresh dill, divided

1 teaspoon whole-grain mustard

1/2 teaspoon salt, divided

1/4 cup coarse dry breadcrumbs, preferably whole-wheat (see Note)

1/4 cup shelled pistachios

4 4-ounce tuna steaks, 1-1 1/4 inches thick

1 teaspoon extra-virgin olive oil

Instructions

Place shallot, bay leaf and wine in a small saucepan and bring to a boil. Reduce until the wine is almost evaporated, about 5 minutes. Remove from the heat, discard bay leaf and transfer to a small bowl. Add sour cream, lemon juice, 1 teaspoon dill, mustard and 1/4 teaspoon salt; stir to combine.

Put breadcrumbs, pistachios, the remaining 1 teaspoon dill and 1/4 teaspoon salt in a blender or food processor. Process until finely ground. Transfer to a shallow bowl. Dredge both sides of the tuna in the pistachio mixture.

Heat oil in a large nonstick skillet over medium heat. Add the tuna and cook until browned, adjusting the heat as necessary to prevent burning, 4 to 5 minutes per side for medium-rare. Serve with the lemon-dill sauce.

Note

Make your own breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes.

Nutritional Information - Amount per Serving:

Calories 241, Carbohydrates 8g, Fat 7g, Saturated Fat 2g, Monounsaturated Fat 3g, Protein 29g, Cholesterol 55mg, Dietary Fiber 1g, Potassium 635mg, Sodium 402mg

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Coming in February: Love Your Heart this Valentine's Day

go green WITH PISTACHIOS FOR BETTER HEALTH.™

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Western Pistachio Association
7030 N. Fruit Ave | Suite 117 | Fresno, CA 93711