



February 2010 | Go Green for Your Heart this February

## GO GREEN FOR YOUR HEART!

*Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."*

- American Heart Association

This February, Go Green for your heart in celebration of American Heart Month with pistachios, the *only* green nut! A *promising study* done by Penn State revealed that a diet rich in pistachios may benefit multiple areas of risk for cardiovascular disease, including lowering cholesterol levels and reducing your body's biological response to stress, when incorporated into a diet low in saturated fat and cholesterol.

## Are You Nuts About Pistachios?

In honor of National Pistachio Day, on February 26, The Green Nut is giving away a year's supply of pistachios to 10 lucky winners. To qualify, simply become a fan of TheGreenNut on Facebook at [www.facebook.com/thegreennut](http://www.facebook.com/thegreennut) or follow us on Twitter at [www.twitter.com/thegreennut](http://www.twitter.com/thegreennut). Winners will be chosen at random and announced on National Pistachio Day.

## BIG GAME SNACKING EQUALS SUPER DIET SLACKING

When a player is just not doing his job on the field, the coach yells for a substitution. Yet, when fun celebrations for watching The Big Game are being planned, most hosts serve up some of the most caloric and nutrient-poor snacks around. The Green Nut offers a "game analysis" on how to score some great substitutions for favorite party fare that are still easy to prepare and delicious (and, shocker, better for your health)!

Super Guilt-Filled Snack: Potato Chips

Super Nutrient-Rich Substitution: Lightly Salted Pistachios

**Why:** For the same amount of calories and that same satisfyingly salty crunch, but without the guilt, pistachios offer many other important nutrients. When comparing nutritional labels of leading chip brands, you'll find that pistachios give you 6g of protein (versus a mere 2g per serving of potato chips) and 3g (12%) of the daily value for fiber per serving (versus 1g (4%) in potato chips). Pistachios are also packed with copper and manganese (20%) – and, who can limit themselves to only one serving of potato chips - about 8 chips? An ample serving of pistachios (49 per 170 calorie serving) will take you much longer to open and munch on while saving you calories along the way. For those health "nuts" out there, The Green Nut also gives you valuable antioxidants like lutein and zeaxanthin.

Game Call: Pick Pistachios for Healthy Crunch!

Super Saturated Fat Snack: Spinach and Artichoke Dip

Super Fiber-Filled Substitution: White Bean Dip with Pistachios and Cilantro (RECIPE BELOW!)

**Why:** Traditional spinach and artichoke dip is laden with high-calorie ingredients, like sour cream, mayonnaise and cheese. Get the same full flavor with a White Bean Dip that uses garlic, lemon juice, scallions, pistachios and coriander seed for its flavoring. These ingredient substitutions can cut up to half the saturated fat, from 3g (15%DV) to .5g (3%DV), and create a dip that is naturally cholesterol-free (cutting

out the 15mg (5%) of cholesterol in the other dip). And, instead of fat-laden chips, serve up whole wheat crackers or cut veggies for crunch value!

Game Call: Whip Up A Healthier Dip

For Nutritional Information and more Super Snacking Substitutions visit [TheGreenNut.org](http://TheGreenNut.org).

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

Q

A

Should women in their 20's and 30's really care about heart disease and are there certain foods that can help decrease heart disease risks?

Young women should definitely care about heart disease because it is the single leading cause of death for American women (nearly twice as many women die of cardiovascular diseases as from all forms of cancer), and many of the risk factors for heart disease can start in ones 20's and 30's and are controllable. These risk factors include: smoking, high cholesterol, high blood pressure, inactivity, being overweight, and having poorly controlled blood sugar levels. By controlling these factors, young women can greatly lower their risk of heart disease.

There are many foods that may help decrease heart disease, including:

- Omega-3 rich foods: Fatty fish such as tuna and salmon
- Foods rich in soluble fiber: Oats, barley, lentils, split peas, beans, apples and pears
- Pistachios and other nuts and seeds
- Soy foods: Substituting soy protein for animal protein in your diet may help lower cholesterol
- Fruits and vegetables: Antioxidant powerhouses that reduce damage to cells and mop up free radicals
- Foods enriched with plant sterols: May be useful for people who have trouble lowering their blood cholesterol – around 1.5g plant sterol esters daily (found in 1 tablespoon of sterol-enriched margarine) may help

Alyse Levine, MS, RD, 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 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.



## RECIPE OF THE MONTH



Similar to hummus, this dip gets a boost of flavor from cilantro and scallions. Enjoy it on pita wedges, carrot or celery sticks, or bell pepper strips.

Yield: 6 servings

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

### Ingredients

- 1 can (15.5 oz) cannellini beans, rinsed and drained
- 1 tbsp plus 1 tsp freshly squeezed lemon juice (about 1/4 lemon)
- 1 tsp coriander seed, crushed or ground
- 1 clove garlic, halved
- 3 tbsp finely chopped cilantro
- 3 tbsp olive oil
- 3 tbsp finely chopped pistachios
- 1 tbsp finely chopped scallion (white part only)

### Instructions

- Puree beans, lemon juice, coriander and garlic in food processor until smooth
- Stir in cilantro, oil, pistachios and scallion
- Season dip to taste with salt and freshly ground black pepper
- Transfer to bowl and serve with pita and raw vegetables

### Nutritional Information (Amount per Serving):

Calories 145, Fat 9.2g, Saturated Fat 1.2g, Cholesterol 0mg, Sodium 168.9mg, Carbohydrates 11.9g, Total Sugars 0.4g, Dietary Fiber 3.4g, Protein 3.8g

## TAKE THE GREEN NUT CHALLENGE!

Try taking The Green Nut Challenge! For the entire month of February, eat 1.5 ounces of pistachios, approximately 74 nuts, every day. When paired with a healthy diet and exercise, a daily dose and a half of The Green Nut may lower your cholesterol and decrease your risk of cardiovascular disease.

Coming in March | Spring into Health

*Go green* WITH PISTACHIOS FOR BETTER HEALTH.™

**GIVE US YOUR FEEDBACK!**  
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