



March 2010 | Spring Into Good Health

IT'S TIME to Spring Clean the Pantry

The change in seasons signals a great time to refresh and revitalize your normal snacking routine with some healthy options. As the temperature slowly begins to increase, so do our intentions to shed pounds, tone up and get healthier to shake off those winter blues. One great way to get ready for spring is by packing antioxidants into your diet. Antioxidants help fight aging and chronic diseases while improving your skin and energy levels.

What many people don't realize is that pistachios, while small in size are big in health benefits and nutrients, including important antioxidants. In fact, pistachios are one of the nuts highest in antioxidants.

To get started, let's go right to the kitchen for these simple Spring Cleaning tips:

- Get rid of all those processed snack foods, especially those way in the back of the pantry, and replace them with whole foods like fresh fruits and vegetables and pistachios. Remember there are 49 pistachios in a one-ounce serving which makes a great and filling snack when you're on the go;
- Trade out processed desserts that are high in fat and sugar with sweet treats that are actually good for you, such as fruit, reduced or no fat Greek yogurt with honey and sprinkled with pistachios or even small squares of dark chocolate. Yes, chocolate in moderation can be good for you;
- Keep things fresh! Every month research what produce is in season. It's always cheaper in season. Go online and search for new recipe ideas to incorporate the new fruits and veggies into your meals. Start with broccoli, pineapple and kiwi in March. In April, switch to peas, rhubarb and artichokes just to name a few;
- Keep bags of frozen fruits in your freezer, such as berries which are packed with antioxidants, to add to seasonal fruit dishes.

ASK THE GREEN NUT AMBASSADOR – Keri Glassman, MS, RD, CDN



Pistachios contain antioxidants, but what exactly is an antioxidant and why is a diet rich in antioxidants so important?



An antioxidant is a compound found in food and created in our bodies that fights free radicals. Free radicals are compounds, I like to call the "bad guys" in our body that are linked to heart disease, cancer, aging and neuronal degeneration. Diets rich in antioxidants are important because they help fight free radicals. Antioxidants also help support our immune system and fight aging, neuronal degeneration, cancer and heart disease. Also, antioxidants are found in foods that are usually lower in calories and/or high in fiber.



Keri Glassman, M.S., R.D., C.D.N., is president of Keri Glassman, Nutritious Life, a nutrition counseling and consulting practice. She is also the author of "The O2 Diet" and "The Snack Factor Diet."

Keri is a nutrition contributor for the CBS *Early Show*, and is the Beauty and Skin Care expert for WebMD. She has also appeared on the *Today Show*, MSNBC, Fox News Channel and NY1, among others. She has also contributed to top publications and Web sites including: *O Magazine*, *Real Simple*, *Cookie*, *Prevention* and more.

Keri is a member of the American Dietetic Association, Greater New York Dietetic Association, American College of Sports Medicine, Sports, Cardiovascular and Wellness Nutritionists, Nutrition Entrepreneurs, Weight Management Dietetics Practice Group, the Women's Sports Foundation and the New York Road Runner's Club.

Keri holds a Masters of Science degree in clinical nutrition from New York University. She resides in New York City with her husband Brett and their children, Rex and Maizy.

RECIPE Of The Month



Fresh Fruits with Pistachios & Coconut

This simple recipe will satisfy your sweet tooth while keeping things healthy and seasonal.

Yield: 4 servings
Prep Time: 10 minutes
Total Time: 10 minutes

Ingredients

8 slices ripe pineapple (may substitute with other fruits)
4 tablespoons fat free or "lite" Greek yogurt
2 tablespoons chopped toasted pistachios
2 tablespoons honey

Instructions

Peel, core and slice fresh pineapple. Place fruit slices on a serving platter. Place a small dollop of Greek yogurt on each piece of fruit. Toast chopped pistachios in a nonstick sauté pan until lightly browned. Sprinkle pineapple with toasted pistachios and finish by drizzling with honey.

Nutritional Information (Amount per serving)

Calories 125, Fat 3g, Saturated Fat .4 g, Cholesterol 0mg, Carbohydrates 25 g, Protein 1.75g

NATIONAL PISTACHIO DAY Winners

TheGreenNut challenged America to "Go Green with Pistachios" for their hearts by eating an ounce and a half of pistachios everyday. Of those who accepted the challenge a one-year supply of pistachios was given to 10 fans on [Facebook](#) and followers on [Twitter](#).

And here are our 10 lucky Green Nut winners:

Facebook

Linda Marquez
Robette Edwards
Pamela King Dumouchel
Merry Graham
Nick Fry

Twitter

@jenyeclec
@monikabaechler
@DolceNonna
@nutritionevolve
@PreventionNotRx

Coming in April | Stress Awareness Month

Go green WITH PISTACHIOS FOR BETTER HEALTH.™

GIVE US YOUR FEEDBACK!
Email us at info@thegreennut.org

email marketing by Henson Consulting, Inc.

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