

THE ANTIOXIDANT POWER OF PISTACHIOS



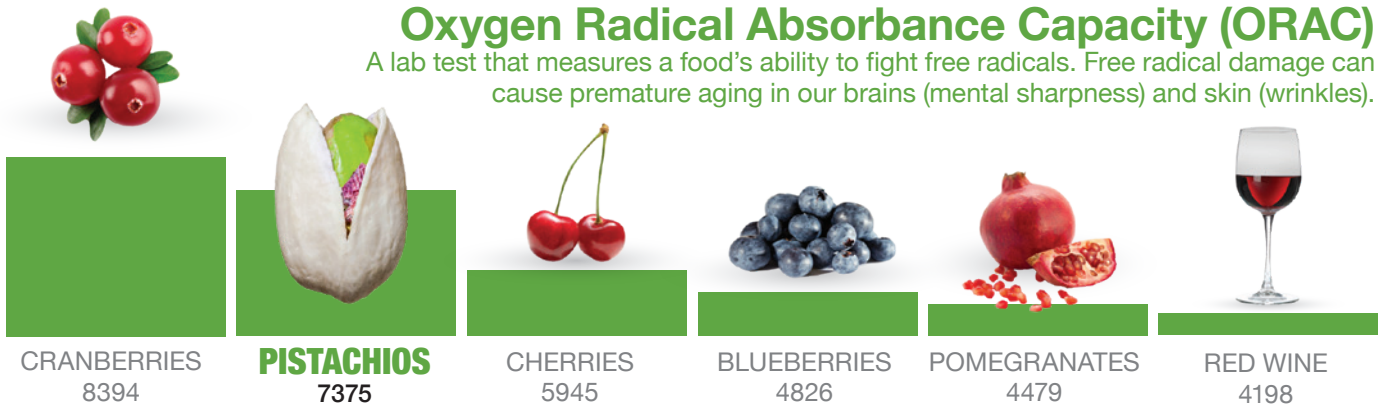
Pistachios have a high antioxidant capacity that rivals that of popular antioxidant-containing foods¹.



ANTIOXIDANT ACTIVITY OF COMMON FOODS^{2,3}

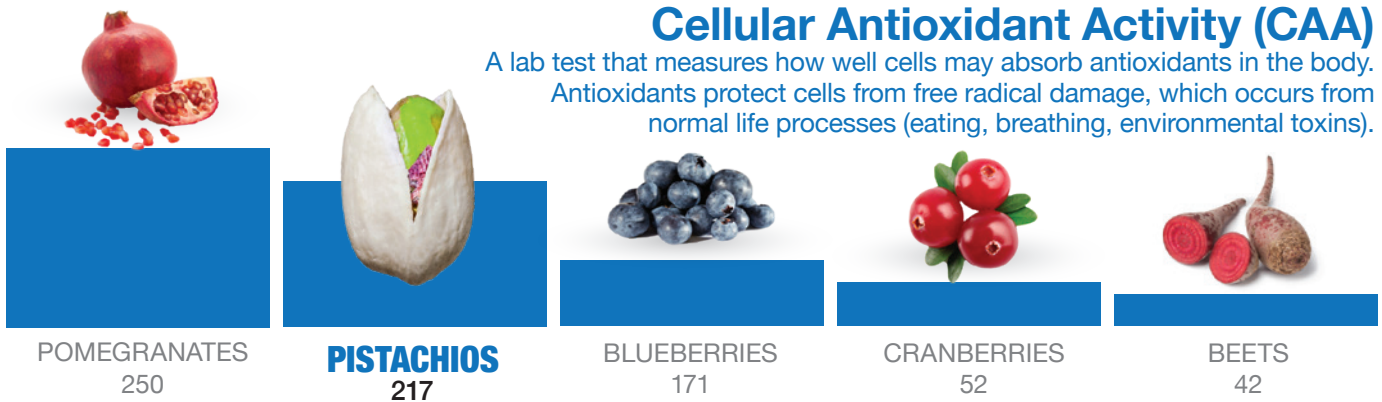
Oxygen Radical Absorbance Capacity (ORAC)

A lab test that measures a food's ability to fight free radicals. Free radical damage can cause premature aging in our brains (mental sharpness) and skin (wrinkles).



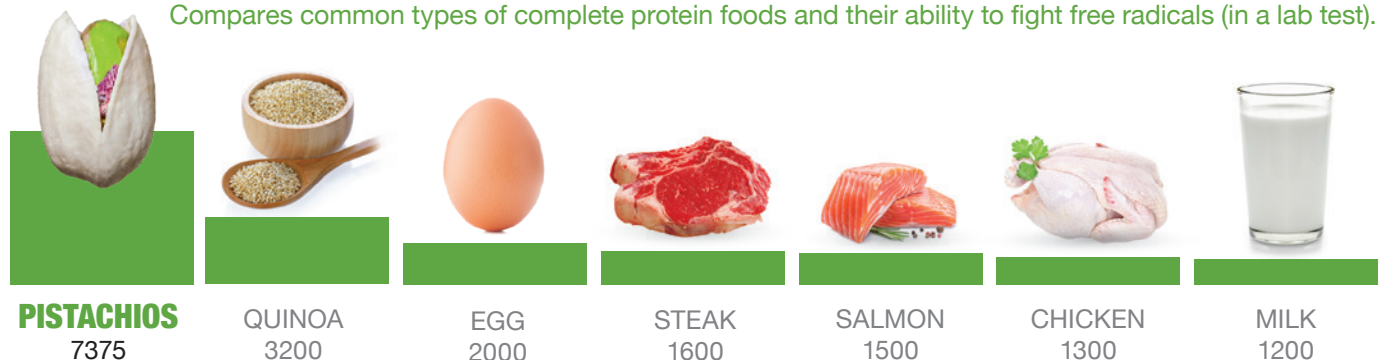
Cellular Antioxidant Activity (CAA)

A lab test that measures how well cells may absorb antioxidants in the body. Antioxidants protect cells from free radical damage, which occurs from normal life processes (eating, breathing, environmental toxins).



Oxygen Radical Absorbance Capacity (ORAC) of Complete Proteins ($\mu\text{g TE}/100\text{ g}$)

Compares common types of complete protein foods and their ability to fight free radicals (in a lab test).

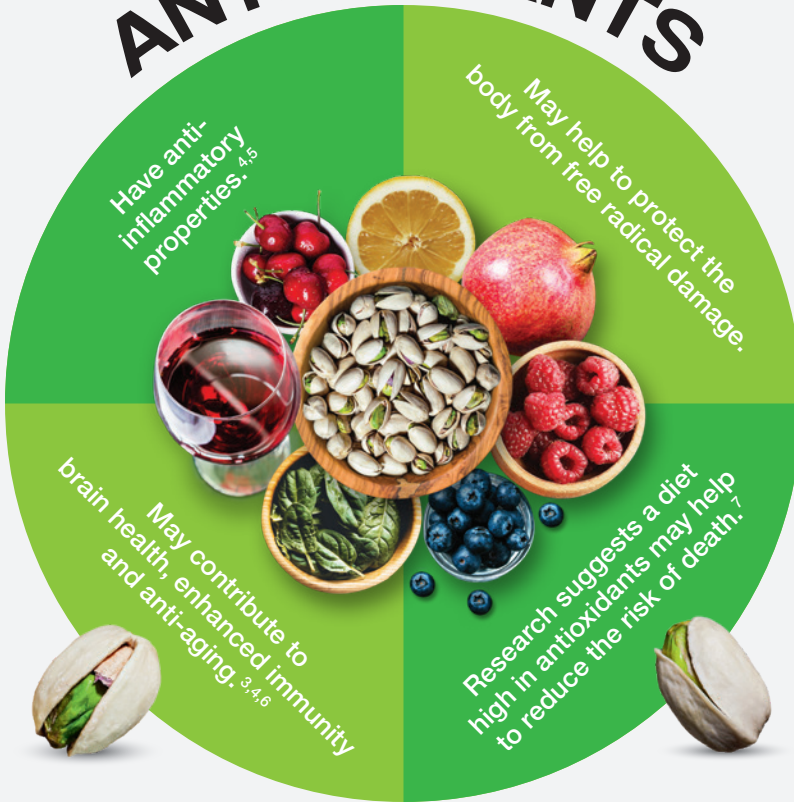


¹ Yuan W, Zheng B, Li T, Liu RH. "Quantification of Phytochemicals, Cellular Antioxidant Activities and Antiproliferative Activities of Raw and Roasted American Pistachios (Pistacia vera L)." *Nutrients* (2022): 14 (15): 302. <https://doi.org/10.3390/nu14153002>.

² Wolfe KL, et al. "Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements." *Journal of Agriculture and Food Chemistry*. (2007): 55:8896-8907.

³ Song W, et al. "Cellular Antioxidant Activity of Common Vegetables." *Journal of Agriculture and Food Chemistry*. (2010): 58, 6621-6629. DOI: 10.1021/jf9035832.

ANTIOXIDANTS



Can protect from free radical damage by preventing the oxidation of cells. Free radical damage occurs from normal life processes (eating, breathing, exercising, environmental toxins).



HOW TO BOOST YOUR ANTIOXIDANT INTAKE AT EVERY MEAL!

Top oatmeal or a yogurt parfait with chopped pistachios.



Make your own plant-based bento box with pistachios as the main source of protein.



PISTACHIOS ARE A COMPLETE PROTEIN

SNACK



DINNER



Add pistachios to your favorite smoothie recipe or enjoy them straight out of the shell.

Blend pistachios into your favorite pesto recipe or use chopped pistachios as a crust for fish.



⁴ Poles J, Karhu E, McGill M, McDaniel HR, Lewis JE. "The Effects of Twenty-Four Nutrients and Phytonutrients on Immune System Function and Inflammation: A Narrative Review." *J Clin Transl Res.* (2021, May 27): PMID:34239993.

⁵ Velmurugan B, Rathinasamy B, Lohanathan B, Thiagarajan V, Weng CF. "Neuroprotective Role of Phytochemicals." *Molecules.* (2018); 23, (10) 2485. DOI: 10.3390/molecules23102485.

⁶ Luo J, Si H, Jia Z, Liu D. "Dietary Anti-Aging Polyphenols and Potential Mechanisms." *Antioxidants* (Basel). (2021, Feb 13): DOI: 10.3390/antiox10020283. PMID: 33668470; PMCID: PMC7918214.

⁷ Jayedi A, Rashidy-Pour A, Parohan M, Zargar MS, Shab-Bidar S. "Dietary Antioxidants, Circulating Antioxidant Concentrations, Total Antioxidant Capacity, and Risk of All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Observational Studies." *Adv Nutr.* (2018, Nov 1): 9 (6):701-716. DOI: 10.1093/advances/nmy040. PMID: 30239557; PMCID: PMC6247336.