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Pistachios, also known as "the skinny nut", are a great nut to have on hand for snacking. They are called the skinny nut because they are one of the lowest calorie snacking nuts you can buy. One serving has about 160 calories.

Pistachios are loaded with vitamins, nutrients and antioxidants. They also have a high amount of protein. Research shows that eating 1.5 ounces of pistachios a day can help lower your cholesterol and may help lower your risk of heart disease.

Pistachios also have more potassium than any other nut and they have the highest levels of polyphenol antioxidants of any snack nut.

For more information on the health benefits of pistachios and how to serve them click on the link below.

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