



TUTTO PER LA SALUTE  
by Persit Star®

2020  
**PISTACHIO**  
The unique taste of Persian pistachio



[www.tuttoperlasalute.com](http://www.tuttoperlasalute.com)

# PISTACHIO NUT

“Tutto per la Salute” is a brand of Persit Star S.r.l., which is a Company based in Italy that imports and exports its products worldwide. We import, distribute and guarantee the supply of different types of food, yet we mainly import and distribute dry fruits, saffron and dates.

Esperienza e affidabilità sono le caratteristiche che consentono di avere clienti soddisfatti e contenti sotto ogni punto di vista. We believe that experience and reliability are the key values needed for meeting our customers satisfaction and happiness. Pistachio nut is a fruit that comes from the Middle-East where it was already grown in the prehistory (especially in Persia).

Today Iran is one of the major producer in the world; its pistachio nuts are naturally grown, taken off from their shell, toasted and salted in the kitchen as well as in the pastry shops. Pistachio nuts are a food type with low cholesterol but it is rich of B6 vitamin, thiamine, copper, phosphorus, potassium, magnesium, iron and manganese. As it posses a high lipid value, it has a very high calories count. It is also known for being a natural anti oxidant , which is able to slow down the action of the free radicals and to prevent the skin aging. Its percentage of good fats represents a good remedy for taking the LDL cholesterol under control, and for making it an ideal snack for both adults and kids.

Product available in various sizes and flavors. Packaging with our brand or private label.

## Proprieties

Pistachio nuts fits most of the diets prerequisites if consumed in adequate portions and an appropriated frequency.

The essential poli-unsaturated fats, as the linoleum acid (omega6), the monounsaturated fats and the oleic acid (omega9), contribute all to obstruct the cholesterol together with other important nutritional ingredients such us the food fibers. As a matter of facts, the food fibers are able to facilitate the normalization of the triglycerides and to stabilize the artery pressure. At the same time, the food fibers can obstacle the complications due to the Mellito Diabete type 2.

Food fibers, which the pistachio nut is full off, carry out numerous beneficial functions for the organism.

Associated to the right quantity of water yet, the food fibers can increase the mechanical stimulus of feeling full; as well as they can modulate the nutritional absorption and, consequentially, reduce the level of glycemia.

Also the food fibers have the ability to prevent or to take care of the constipation by facilitating the cleanliness of the intestine lumen and e liminating the toxins.



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## Nutritional Values

Pistachio nuts represents an excellent source of B1, B2, PP, B5,B6 vitamins. They are also a good source of folats, which are coenzyme necessary for the metabolism of all the body tissues.

These proprieties make the Pistachio nut an ideal snack for pregnant women. The retinal (lutein) contribution is great. Particularly, the lutein is a strong antioxidant and precursor of the Vitamin A (retinol), which are both involved in the visual and reproductive function.

The contents of vitamin E and K is good too.

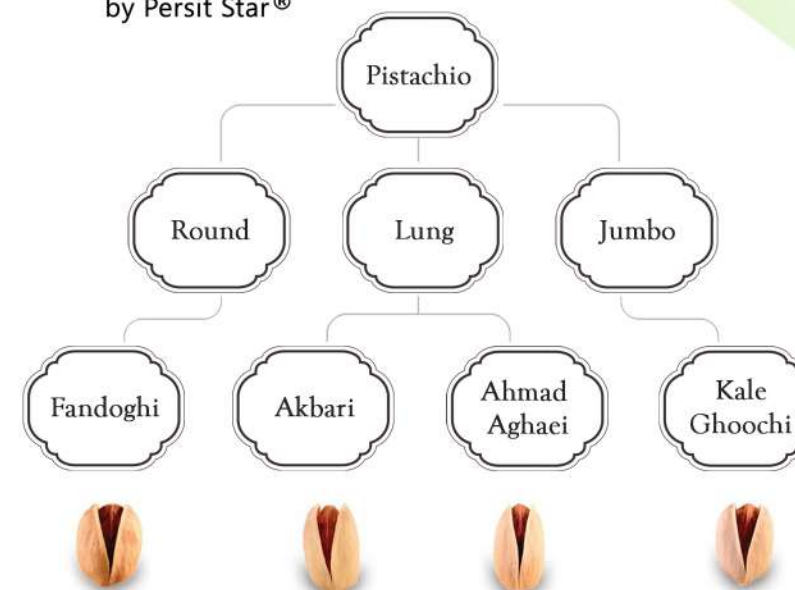
The abundance of phosphorus, calcium, magnesium, potassium, iron, manganese, copper, zinc and selenium contributes to ensure the basic necessities of the human being.

Lastly, pistachio nuts supports the therapy for the primary arterial hypertension facilitating the reduction of it. The average quantity of a portion of pistachio nut is about 10g per day, which means 50-60 kcal per portion.



### For 100g of Persian Pistachio

Calories	562.0 kcal
Potassium	1025.0 mg
Iron	3.92 mg
Calcium	105.0 mg
Phosphorus	490.0 mg
Magnesium	121.0 mg
Manganese	1.2 mg
Zinco	2.2 mg
Copper	0.75 mg
Selenium	8.0 mcg
Tiamine	0.87 mg
Riboflavina	0.160 mg
Niacina	1.30 mg
Vitamine B6	1.70 mg
Folati	51.0 mcg
Vitamina C	5.6 mg
Vitamina A	1205.0 mcg
Vitamina K	13.2 mcg
Vitamina E	2.3 mg



## Variety Of Pistachio Nut

Fandoghi	Size: 28-30	30-32	32-34
Akbari	Size: 18-20	20-22	22-24
Ahmadoghei	Size: 22-24	24-26	26-28
Khalegouchi	Size: 20-22	22-24	24-26

**Fandoghi:** has a round shape and a big breach that makes clearly visible the pistachio nut without shell. It has an intense green color underneath of a brownish purple

**Akbari:** it has a long shape and an intense green color underneath of a brownish purple

**Ahmadoghei:** has a round shape and a big breach that makes clearly visible the pistachio nut without shell. It has an intense green color underneath of a reddish cover and it has a long rectangular shape

**Khalegouchi:** it has a round shape with a medium breach and an intense green color underneath a greyish-red cover

## The pistachio grain

In addition to being a tasty culinary ornament, it retains all the beneficial properties of this precious fruit. It is a versatile product, excellent for enriching dishes, as well as as a garnish for sweet and savory dishes.

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## Nutritional values



100g of pistachio grains	
Calories	571 Kcal/2391 KJ
Fat	45,9 g
Carbohydrates	28 g
Protein	21,3 g
Sodium	10 g
Fiber	10 mg



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