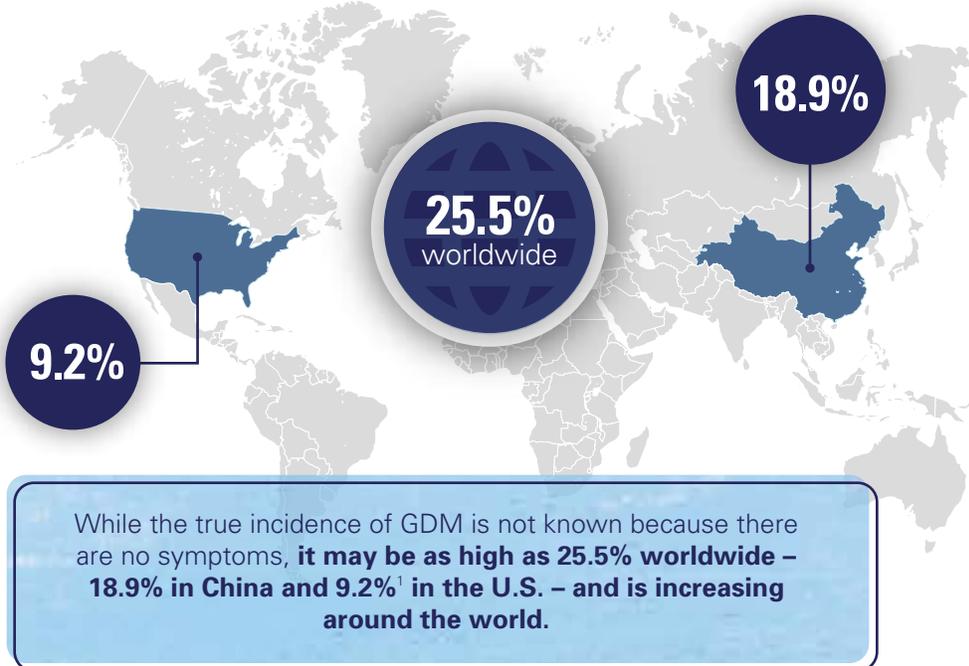


A Recent Study Was Conducted To See If **A 1 ½ SERVING SIZE OF PISTACHIOS COULD PROVIDE BENEFITS TO WOMEN WITH GESTATIONAL DIABETES**



WHAT IS GESTATIONAL DIABETES?

Gestational diabetes mellitus (GDM) — also called “gestational diabetes” — develops during pregnancy. Like other types of diabetes, GDM affects how cells use blood sugar (glucose). GDM causes high blood sugar that can affect mom’s health and the baby’s health.



**42g of pistachios² is about
1 ½ servings or a large handful.**

PISTACHIOS AND PREGNANT WOMEN

The goal of the research was to study the effects of pistachios on pregnant women with gestational diabetes. Investigators wanted to see if 42g (1 ½ servings) of pistachios could provide benefits to women with gestational diabetes.



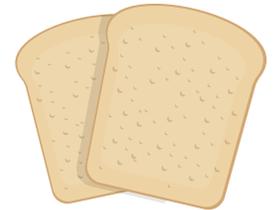
HOW THE STUDY WAS CONDUCTED

Two groups of pregnant women with GDM ate either 42g of pistachios or 100g of whole wheat bread³ (2 slices) after fasting overnight. Seven days later, they switched.

42
grams of
pistachios

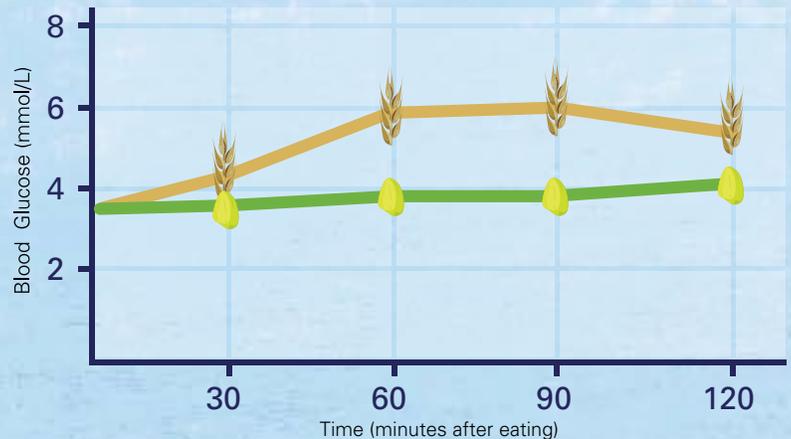


100
grams of whole
wheat bread



WHAT THE STUDY FOUND

After eating the pistachios, the women had a significantly lower rise in blood sugar than they did after eating the whole wheat bread. In fact, blood glucose barely increased above baseline levels after the pistachios.



During the two hours after eating pistachios, the total rise in blood sugar was **much lower** than it was after eating the whole wheat bread.

To learn more, visit AmericanPistachios.org.

1. <http://dx.doi.org/10.5888/pcd11.130415>
2. 42 grams = about 1-1/2 servings. One serving = about 49 nuts.
3. 100 grams of whole wheat bread = about two slices.

