

# Pistachio Nuts

Egea Medical's Superfood of the Month



## Why do these nuts help you lose weight?

- **Packed with Protein**
- **Full of Fiber**
- **Heart Healthy**
- **Antioxidant Rich**
- **Full of Potassium**

**30 nuts will only cost you 100 calories**

**Because they are in a shell, you are forced to eat slowly.**

**They have been shown to lower LDL (the bad cholesterol)**









