

# Eating pistachios lowers cholesterol, boosts antioxidants, more

July 13 2010

---

(PhysOrg.com) -- Pistachio nuts, eaten as part of a healthy diet, can increase the levels of antioxidants in the blood of adults with high cholesterol, according to an international team of nutritional scientists including Penny Kris-Etherton, distinguished professor of nutrition at Penn State.

"Our previous study showed the benefits of pistachios in lowering lipids and lipoproteins, which are a risk factor for heart disease," said Kris-Etherton. "This new study shows an additional effect of pistachios so now there are multiple health benefits of eating [pistachios](#)."

Other researchers in the study include Sheila West, associate professor of biobehavioral health, Penn State; Sarah Gebauer, U.S. Department of Agriculture, Beltsville, Md. and Colin D. Kay, lecturer, University of East Anglia. The researchers' work is published in the May 20 issue of the *Journal of Nutrition*.

Provided by Pennsylvania State University

Citation: Eating pistachios lowers cholesterol, boosts antioxidants, more (2010, July 13) retrieved 31 March 2023 from <https://medicalxpress.com/news/2010-07-pistachios-lowers-cholesterol-boosts-antioxidants.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is

provided for information purposes only.