

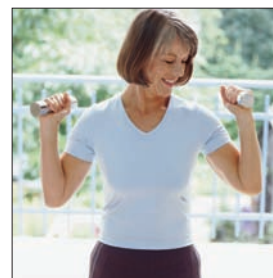
# your Self



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## A Nutty Way to Lower Cholesterol

PISTACHIOS ARE THE LATEST NUTS TO JOIN THE HEART HEALTHY HALL OF FAME. A study published in the September 2008 *American Journal of Clinical Nutrition* found they lower cholesterol. Researchers at Pennsylvania State University in University Park measured lipid levels in people who had been eating 3 ounces of pistachios per day (about  $\frac{2}{3}$  cup) for a month.

Tests showed their LDL, or “bad” cholesterol, level went down by almost 12 percent. Researchers suspect this may be a result of the nut’s fiber and phytosterol content. Phytosterol is a substance in plants that blocks the absorption of dietary cholesterol.

During the study, participants ate pistachios as a snack and as an ingredient in nutritious recipes. Three ounces of the nuts have about 480 calories and 6 grams of saturated fat, so if you add them to your diet, be sure to substitute them for other foods to avoid doing yourself more harm than good.

— ELLEN FIX



Treat yourself to some of the healthy, pistachio-rich foods used in the study. Recipes at [www.ArthritisToday.org](http://www.ArthritisToday.org)