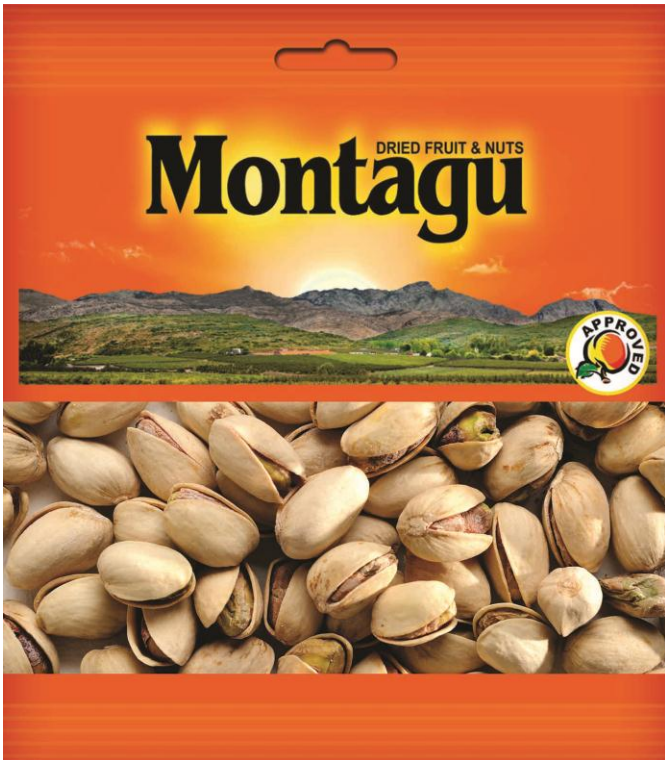


PISTACHIO SNACK PACK



High in Energy	✓
High in Fibre	✓
Very Low in Sodium	✓
Suitable for vegetarians	✓
Cholesterol free	✓
Country of origin	USA / RSA
Preservative	Free
Kosher	✓
Halaal	✓

Ingredients: Pistachio, Salt

Pistachio nuts provide us with the nutrients essential for lowering blood pressure and decreasing the risk of contracting one of various heart diseases. These nutrients include minerals such as potassium, magnesium, phosphorus, calcium, sodium, iron and selenium. Pistachio nuts are lower in calories than most other nuts and are high in fibre, cholesterol free and low in saturated fats.

Pistachio nuts are best enjoyed as a simple snack and in this form will provide optimum health related results.

NUTRITIONAL INFORMATION	
NUTRIENT	Per 100 g
Energy	2416 kJ
Protein	20.6 g
Carbohydrates	14 g
Total sugar	6 g
Total fat	48.4 g
Saturated fat	6.1 g
Monounsaturated fat	32.7 g
Polyunsaturated fat	7.3 g
Fibre	10.8 g
Sodium	6 mg

