

**2004 NUTRITION LABEL
FDA VALUES**

Amount of Nutrient / Percent Daily Value* (where applicable) per 1-ounce Serving (49 kernels)

	Raw Pistachios	Roasted/Unsalted	Roasted/Salted
Mandatory			
Calories	170	170	170
Calories from Fat	110	110	110
Total Fat (g)	13 / 20%	13 / 20%	13 / 20%
Saturated Fat (g)	1.5 / 8%	1.5 / 8%	1.5 / 8%
<i>Trans</i> Fat (g)	0	0	0
Polyunsaturated Fat (g)	4	4	4
Monounsaturated Fat (g)	7	7	7
Cholesterol (mg)	0 / 0%	0 / 0%	0 / 0%
Sodium (mg)	0 / 0%	0 / 0%	160 / 7%
Potassium (mg)	290 / 8%	300 / 9%	300 / 9%
Total Carbohydrate (g)	9 / 3%	9 / 3%	9 / 3%
Dietary Fiber (g)	3 / 12%	3 / 12%	3 / 12%
Sugars (g)	2	2	2
Protein (g)	6	6	6
Vitamin A	2%	2%	2%
Vitamin C	<2%	<2%	<2%
Calcium	4%	4%	4%
Iron	6%	6%	6%
Optional (may list all or some in <u>this</u> order)			
Vitamin E	6%	6%	6%
Thiamin	15%	15%	15%
Vitamin B-6	20%	20%	20%
Folate	4%	4%	4%
Phosphorus	15%	15%	15%
Magnesium	8%	8%	8%
Zinc	4%	4%	4%
Copper	20%	20%	20%
Manganese	15%	15%	15%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Data from the USDA National Nutrient Database for Standard Reference, Release 16 (2003).

Note: For specific formatting instructions, please consult FDA publications (i.e. Federal Register and FDA Food Labeling Questions and Answers) directly for requirements as they pertain to individual types of packaging. Go to <http://vm.cfsan.fda.gov> for food nutrition labeling.

*****New Qualified Health Claim may be Added to Consumer Packaging*****

The FDA released a qualified health claim for certain tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts) and peanuts in July 2003. The California pistachio industry may print the claim with disclosure statement exactly as stated below on consumer packaging for whole or chopped pistachios.

“Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content.”

The disclosure statement “See nutrition information for fat content” must be placed immediately adjacent to and directly beneath the claim, with no intervening material in the same size, typeface and contrast as the claim itself. Refer to 21 C.F.R. 101.14(e)(3) and 101.13 (h).

Definition of “whole or chopped nuts” can be raw, blanched, roasted, salted, and/or lightly coated and/or flavored, but any fat or carbohydrate added in the coating or flavoring of a whole or chopped nut should meet the definition of an insignificant amount in 21 C.F.R. 101.9(f)(1).