

Pistachios to be branded as heart-healthy foods

Details

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Pistachios to be marked as part of a program by the American Heart Association
American Pistachio Growers announced that many of its members will be branded with the American Heart Association's Heart-Check mark to identify its products as part of a heart-healthy diet.

The American Heart Association's Heart-Check Food Certification program was created in 1995 to help consumers identify foods that are good for the heart. Late last year, the program expanded to include pistachios and other nuts as well as fish and food higher in healthy fats.

Now, the well-known certification will appear on packages and promotional materials featuring roasted, salted and unsalted pistachios to join nearly 900 products that already bear the mark.

Those products can be found at heartcheckmark.org.

Headquartered in Fresno, [American Pistachio Growers](#) represents 450 members who are pistachio growers, processors and industry partners in California, Arizona and New Mexico.

California comprises about 98 percent of all pistachios grown in the U.S. with 209,000 acres planted throughout 22 counties.

The Central Valley made up nearly half that total with 87,100 harvested acres of pistachios in 2010, yielding \$676.96 million in production.

