

Wonderful® PISTACHIOS

WONDERFUL® PISTACHIOS SCORE SNACKING HOMERUNS AT MAJOR LEAGUE BASEBALL STADIUMS THIS SUMMER

Move Over Peanuts—There's a New Nut on the Field

Los Angeles, Calif. (June XX, 2012) – As bats get crackin', consumers can get snackin' on a good-for-you-snack option at ballparks this summer: Wonderful Pistachios. Now available at several Major League Baseball stadiums across the country, Wonderful Pistachios provides a healthy, nutrient-dense snack that fans can enjoy as they cheer on their favorite baseball team.

A reduced serving of 30 pistachios, about a handful, offers only 100 calories¹ and can help satisfy hunger between innings, thanks to their satiating protein, heart-healthy fat and filling fiber^{2,3}. In fact, a full serving of Wonderful Pistachios, about 49 pistachios, has more fiber and fewer calories than most other snack nuts.

“There aren't many healthy options at ballparks, so it's exciting that consumers will be able to get in the game with pistachios this summer,” said Patricia Bannan, registered dietitian. “Nutrient-packed pistachios have a lot to offer without sacrificing taste, so you can snack on them guilt-free as you enjoy watching your favorite teams.”

With fried food and cotton candy available at most stadiums, it's no secret that healthful eating at the ballpark can be challenging. Now that several baseball stadiums are offering Wonderful Pistachios, fans have a fun-to-crack, tasty snack they can feel good about eating come game time. Check out where pistachios stand in the current baseball snack lineup¹:

Baseball Park Snack	Calories	Fiber	Protein	Sugar
Pistachios (1 oz. – about 49 kernels)	160	3g	5.75g	2g
Caramel-Coated Popcorn with Peanuts (2/3 cup)	113	1g	2g	13g
Large Soft Pretzel	483	2g	12g	0.3g
Nachos with Cheese (6–8 chips)	346	0g	9g	<1g
Ice Cream Sandwich	237	0g	4g	18g

Wonderful Pistachios are grown and harvested in California and can be found in five-ounce bags at baseball stadiums nationwide including Dodger Stadium (Los Angeles Dodgers), Angel Stadium of Anaheim (Anaheim Angels), Rangers Ballpark (Texas Rangers), Turner Field (Atlanta Braves), Great

¹United States Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.

²Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB. Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men. *N Engl J Med.* 2011;364:2392-404.

³Baer DJ, Gebauer SK, Novotny JA. Measured energy value of pistachios in the human diet. *Br J Nutr.* 2012;107(1):120-5.

American Ball Park (Cincinnati Reds), Yankee Stadium (New York Yankees), Fenway Park (Boston Red Sox), Minute Maid Park (Houston Astros) and Citi Field (New York Mets). Wonderful Pistachios are also available in various sizes in the produce aisles of grocery stores nationwide as well as convenience stores and retail outlets.

About Wonderful Almond Accents

From the makers of the successful Wonderful Pistachios and Wonderful Almonds, Wonderful Almond Accents is a line of all natural, flavored, sliced almonds that are grown, processed and packaged in Lost Hills, California, part of the San Joaquin Valley, the agricultural heartland of California. Toasted golden brown and seasoned to perfection, Wonderful Almond Accents are a great way to add flavor, crunch and nutrition, making ordinary dishes extraordinary. Wonderful Almond Accents will be available beginning in November at leading grocery retailers nationwide. For more information about Wonderful Almond Accents including delicious recipes, visit: www.wonderfulalmondaccents.com

About Paramount Farms

Part of Roll Global LLC, headquartered in Los Angeles, California, Paramount Farms is one of a group of privately owned, affiliated companies that comprise the largest farming operation of tree crops in the world, which include pistachios and almonds. Paramount Farming is the largest producer of the California Wonderful variety of pomegranates. Sister company Paramount Citrus is the largest orange and lemon packing facility in North America, the majority of which come from its own orchards, and the largest grower of Clementine Mandarin oranges in the United States.

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