



WONDERFUL PISTACHIOS LAUNCHES INAUGURAL PLANT-BASED NUTRITION LEADERSHIP SYMPOSIUM

Nation's Top Nutrition Experts Will Gather in Los Angeles to Discuss Plant-Based Eating Science

LOS ANGELES (April 9, 2019) – Wonderful® Pistachios, America's fastest-growing snack brand, will host the first Plant-Based Nutrition Leadership Symposium™ April 15-16, 2019 in Los Angeles. The event is a two-day immersion into plant-based nutrition science, culinary applications, and leadership dialogue, while celebrating pistachios in a plant-based context.

Symposium sessions will cover an array of topics including protein quality, pediatric nutrition, sustainable nutrition, sports nutrition, and microbiome health. Education will be led by highly-respected experts hailing from prestigious universities and organizations such as Stanford, Loma Linda, University of California, San Diego, and the True Health Initiative. A custom plant-based menu for the event was developed in collaboration with a two-star Michelin chef. The symposium was planned in partnership with Sharon Palmer, MSFS, RD, the Plant-Powered Dietitian, and will culminate in an expert discussion panel on leading change toward positive shifts in eating patterns to include more plants.

“Plant-based eating is gaining momentum, and over the past five years the number of people striving to eat less meat has nearly doubled,” said Maggie Moon, MS, RD, nutrition director, The Wonderful Company. “This symposium will equip credible nutrition experts with the tools they need to guide the way toward an inclusive movement that helps more people enjoy healthy plant-based eating.”

Although plant-based eating is on the rise, so is consumer confusion around the quality of plant protein and how plant-based diets can nourish everyone from athletes to families, and ecosystems both small and large – from gut microbiome to the planet. A fear of falling short on protein presents an additional barrier to plant-based eating, which is why it's so important to partner with dietitians who can dispel myths and provide practical strategies to help consumers make more room in their snacks and meals for plant foods.

“Snacks are an overlooked opportunity to get more plant protein,” said Adam Cooper, senior vice president of marketing, The Wonderful Company. “Pistachios are the go-to portable plant protein, and nuts deserve more credit overall as a great plant-based protein solution.” With six grams of protein per serving, pistachios are one of the highest protein nuts. They are also shelf stable, portable, and don't require complicated meal prep.

Learn more about the speakers and sessions at www.PBNLS.com.

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About Wonderful Pistachios

Wonderful Pistachios is the world's largest vertically integrated pistachio grower and processor. Grown in California's Central Valley, our high-quality nuts can be found in the produce department of grocery stores across America.

Known for our iconic *Get Crackin'*® campaign, Wonderful Pistachios is part of The Wonderful Company, a privately held \$4 billion company. For more, visit: www.wonderful.com, or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

The Wonderful Company

The Wonderful Company is a privately held \$4 billion global company dedicated to harvesting health and happiness around the world. Its iconic brands include FIJI® Water, POM Wonderful®, Wonderful® Pistachios & Wonderful® Almonds, Wonderful® Halos®, Teleflora®, JUSTIN® Wines, JNSQ® Wines and Landmark® Wines.

The Wonderful Company's connection to consumers has health at its heart and giving back in its DNA. To learn more about The Wonderful Company, its products and its core values, visit www.wonderful.com, or follow us on [Facebook](#), [Twitter](#) and [Instagram](#).