

PEANUT POWER



Peanuts have more protein than any other nut, 19 vitamins and minerals, and an abundance of bioactive compounds. Over two decades of scientific research show that eating a small amount of peanuts and peanut butter daily can significantly reduce the risk of many diseases, and even the risk of death.¹

6 REASONS TO CHOOSE PEANUTS:



PROTEIN

Peanuts have more protein than any other nut, which keeps you satisfied between meals. The high arginine content of peanuts supports healthy blood pressure.



19 NUTRIENTS

Peanuts are a Good Source ($\geq 10\%$ DV) of vitamin E, magnesium, niacin and copper, and an Excellent Source ($\geq 20\%$ DV) of manganese.



FIBER

Peanuts are a good source of fiber that helps keep you full between meals, and improves blood cholesterol levels.



LOW CARB

The low sugar and carbohydrate content of peanuts supports blood glucose control and provides sustained energy.



BIOACTIVES

Bioactives such as resveratrol may reduce inflammation and the risk of certain types of cancer.



HEALTHY FATS

Peanuts are high in healthy mono- and polyunsaturated fats that reduce blood cholesterol.

RESEARCH SHOWS THAT PEANUTS:



PROMOTE HEART HEALTH

Research shows that consuming peanuts or peanut butter at least five times per week reduces cardiovascular disease risk by 44%, and risk of heart attack by 60%.² A small amount of peanuts daily can reduce the risk of high blood pressure by 19%. Peanuts have an FDA Qualified Health Claim for heart health.



REDUCE DIABETES RISK

Consuming peanuts or peanut butter at least once per week can reduce diabetes risk by 10%, while eating peanuts five or more times per week can reduce diabetes risk by 25%.³ Further, substituting just one serving of peanuts or peanut butter for one serving of animal protein or refined carbohydrate per day reduces diabetes risk by up to 21%.⁴



SUPPORT WEIGHT MANAGEMENT

Studies show that men, women, and children who eat peanuts have a lower BMI and reduced risk of obesity than non-peanut eaters.^{5,6} Peanuts reduce hunger more than other types of snacks,⁷ which helps keep you satisfied in between meals.



PROMOTE A LONG LIFE

Research shows that peanuts improve brain function,⁸ reduce the risk of breast cancer^{9,10} and kidney disease,¹¹ and prevent premature death.¹

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