Heart-Healthy Peanuts
Eat a Small Handful a Day… To Keep Heart Disease at Bay

1 PEANUTS CAN HELP DECREASE HEART DISEASE

A major new study published in the *New England Journal of Medicine* finds that eating nuts daily can reduce death from heart disease by 29%, and even eating peanuts just twice a week can reduce risk by 24.1

Peanuts Can Help Decrease Bad Cholesterol
- Peanuts can help lower bad LDL cholesterol while maintaining good HDL cholesterol.2
- Different components of the peanut including healthy oils, protein, and fiber can help reduce cholesterol.3

Peanuts Can Help Decrease Blood Pressure
- A new study shows that eating peanuts regularly helps decrease blood pressure, even among individuals with high blood pressure: “…participants with elevated blood pressure at baseline had significant decreases in diastolic blood pressure…” after peanut consumption.4

2 PEANUTS ARE A NATURALLY LOW-SODIUM FOOD

Peanuts have almost no sodium,5 and when salt is added to them, it stays on the surface so less is needed.
- Most salted varieties of peanuts have less than 140mg of sodium per serving, which is considered heart-healthy by the American Heart Association.5,6
- 1-ounce of oil-roasted salted peanuts typically contains 91mg of sodium, which is less than half of the amount in 1-ounce of cheese puffs or salted pretzels.5

3 PEANUTS CONTAIN HEART-HEALTHY NUTRIENTS

Oil-roasted salted peanuts have about 8g of protein per ounce,5 are a good source of fiber, Vitamin E, niacin, magnesium, and contain potassium and bioactives such as resveratrol and phytosterols, all of which may benefit heart health.7,12

Visit [www.peanut-institute.org/heart](http://www.peanut-institute.org/heart) to learn more and access helpful resources. This handout was approved by the American Heart Association, February 2014
Tips To Get Your Daily Intake of Peanuts and Peanut Butter

Research continues to show that small amounts of peanuts or peanut butter daily can reduce the risk of heart disease. As America’s most popular and affordable nut, it shouldn’t be hard to get your daily intake. Here are some easy and delicious ways to incorporate peanuts and peanut butter into daily snacks and meals:

- Sprinkle peanuts on salads instead of croutons for an added crunch
- Add a scoop of peanut butter to your oatmeal in the morning
- Create your own trail mix with peanuts and dried fruit
- Use peanut butter instead of butter when baking brownies or cookies
- Toss in peanuts with your favorite stir-fry dishes
- Add peanuts to your granola and sprinkle over a healthy fruit and yogurt parfait
- Spread peanut butter on your toast or bagel in the morning instead of butter
- Dip your favorite fruits and vegetables in peanut butter
- Spruce up a peanut butter and jelly sandwich by adding different types of fruit or jams

Or just keep it simple and grab a handful of your favorite peanuts as a perfect afternoon snack!

References:

6. Sodium. American Heart Association Website. http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp

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