

COMMIT TO A HEALTHIER BRAIN WITH PEANUTS!

Your brain is always on—thinking, feeling, moving, remembering. And what you eat plays a bigger role than you might think. In fact, a 2025 MRI-based study from the Netherlands found that healthy older adults who regularly ate peanuts showed measurable, positive physiological changes to the brain.¹

Translation? Supporting your brain can be as simple—and delicious—as what's on your plate.



BRAIN HEALTH, BROKEN DOWN

Three ways your brain shows up every day:

- **PHYSICAL FUNCTION:**
Balance. Movement. Coordination.
- **COGNITIVE FUNCTION:**
Thinking. Learning. Memory. Focus.
- **EMOTIONAL FUNCTION:**
Mood. Stress response. Emotional resilience.



Yum!

Good news: peanuts and peanut butter help support all three.

FEED YOUR MIND *(Literally)*

Small legume. Big brain benefits

Peanuts are packed with nutrients—making them an easy win for everyday brain fuel.

Protein supports cell repair and neurotransmitter production—and peanuts have more than any other nut.²

B Vitamins (including niacin/B3) support healthy brain development and cognitive performance.³

Arginine promotes healthy blood flow to the brain—and peanuts are the richest whole-food source.⁴

Copper & Choline are involved in brain processes linked to focus and concentration. Choline is associated with better verbal fluency and memory.⁵

Smart Food FOR SMARTER THINKING

Cognitive support at every age.

A 2019 review of 19 experimental studies found those who eat peanuts and other nuts tend to perform better on cognitive tests—and experience less decline over time.⁶

Nut consumption shows a protective effect on cognitive function.⁶

Higher intake of legumes and nuts is linked to better overall cognition.⁷

Eating just 10g of nuts per day is associated with a 40% lower likelihood of poor cognitive function.⁸



Sources:

1. Longer-term skin-roasted peanut consumption improves brain vascular function and memory: A randomized, single-blind, controlled crossover trial in healthy older adults Kerkhof, Lucia et al. Clinical Nutrition, Volume 55, 170 - 179
2. UHHospitals.org. "Dietary Protein: Why, When and How Much?" 5 May 2022, www.uhhospitals.org/blog/articles/2022/05/dietary-protein-why-when-and-how-much. Accessed on December 17, 2025.
3. Kennedy D. O. (2016). B Vitamins and the Brain: Mechanisms, Dose and Efficacy—A Review. Nutrients, 8(2), 68. doi:10.3390/nu8020068.
4. "The Role of Peanuts in Global Food Security." H. Valentine. Peanuts: Genetics, Processing, and Utilization. H.T. Stalker and R.F. Wilson, eds. London: Academic Press and AOCS Press, 2016, pp. 447-61.
5. Viihauri MPT, Voutilainen S, Lönnroos E, Virtanen HEK, Tuomainen TP, Salonen JT, Virtanen JK. Associations of dietary choline intake with risk of incident dementia and with cognitive performance: the Kuopio Ischaemic Heart Disease Risk Factor Study. Am J Clin Nutr. 2019 Dec 1;110(6):1416-1423. doi: 10.1093/ajcn/nqz148. PMID: 31360988.
6. Chen X, Liu Z, Sachdev PS, Kochan NA, O'Leary F, Brodaty H. Association of Dietary Patterns with Cognitive Function and Cognitive Decline in Sydney Memory and Ageing Study: A Longitudinal Analysis. J Acad Nutr Diet. 2022 May;122(5):949-960.e15. doi: 10.1016/j.jand.2021.10.018. Epub 2021 Oct 22. PMID: 34688967.
7. Assmann KE, Adijbade M, Hercberg S, Galan P, Kesse-Guyot E. Unsaturated Fatty Acid Intakes During Midlife Are Positively Associated with Later Cognitive Function in Older Adults with Modulating Effects of Antioxidant Supplementation. J Nutr. 2018 Dec 1;148(12):1938-1945. doi: 10.1093/jn/nxy206.1. PMID: 30517725.
8. Bruno Bizzozero-Peroni, Rubén Fernández-Rodríguez, Vicente Martínez-Vizcaino, Miriam Garrido-Miguel, María Medrano, Estela Jiménez-López, Arthur Eumann Mesas, Nut consumption is associated with a lower risk of depression in adults: A prospective analysis with data from the UK Biobank cohort. Clinical Nutrition, Volume 42, Issue 9, 2023. Pages 1728-1736. ISSN 0261-5614. 1. <https://doi.org/10.1016/j.clnu.2023.07.020>.
9. Parilli-Moser, I., et al., Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. Clinical Nutrition, 2021. <https://doi.org/10.1016/j.clnu.2021.09.020>.
10. Scheepens A, Blisson JF, Skinner M. p-Coumaric acid activates the GABA-A receptor in vitro and is orally anxiolytic in vivo. Phytother Res. 2014 Feb;28(2):207-11. doi: 10.1002/ptr.4968. Epub 2013 Mar 26. PMID: 23533066.
11. Shayganfar M. Molecular and biological functions of resveratrol in psychiatric disorders: a review of recent evidence. Cell Biosci. 2020 Nov 7;10(1):128. doi: 10.1186/s13578-020-00491-3. PMID: 33292508; PMCID: PMC7648996.
12. World Health Organization. Physical activity. 2023. Available from: <https://www.who.int/initiatives/behealthy/physical-activity>. Accessed on Dec 18, 2025.

Mood Food IS A REAL THING

Because brain health isn't just about thinking—it's about feeling.

Regular peanut consumption has been associated with:

17% lower risk of depression⁹

Reduced anxiety, stress, and improved memory in college-age adults¹⁰

Why? Peanuts contain powerful antioxidants like:

p-Coumaric acid, which may help regulate stress and anxiety¹¹

Resveratrol, known for its anti-inflammatory and mood-supporting effects

Move more. SNACK SMARTER.

Your brain loves a good routine.

Exercise keeps your brain's "engine" running smoothly. The World Health Organization recommends at least 150 minutes of moderate activity per week—and pairing movement with nutrient-dense foods like peanuts helps support physical brain health from every angle.¹²

NOURISH YOUR MIND, ONE BITE AT A TIME.



THE PEANUT INSTITUTE