

PEANUTS: THE LIFESAVING LEGUME

Peanuts have long been celebrated as a heart-healthy food, shown to **reduce the risk of cardiovascular disease mortality** as part of a healthy plant-based diet.^{1,2} Peanut butter, meanwhile, was invented in 1895 to provide nutrition to older adults unable to chew meat.

But that's just the beginning of this little legume's incredible nutritional powers—and its power to make a difference around the world.

HOW PLANT-BASED IS BETTER.

Opting for **plant-based protein like peanuts** (vs. animal-based protein like red meat) is associated with a **reduced risk of overall and cardiovascular disease mortality**.³





BLUE ZONES AND LONGEVITY

“Blue Zones” are regions where people live significantly longer than average. Studies of these areas reveal a common dietary pattern: a **focus on plant-based foods**, with beans and legumes (like peanuts), serving as primary protein sources.⁴

DISEASE PREVENTION

But longevity is only one of the benefits peanuts offer. They’ve also shown to be **protective against diseases**, including **certain cancers** (like esophageal, prostate, colon, pancreatic, and certain types of breast cancer),⁵⁻⁹ as well as effective in **preventing and managing type-2 diabetes**¹⁰, and **reducing inflammation**.¹¹



FIGHTING MALNUTRITION WORLDWIDE

As low-cost, nutrient dense foods, peanuts and peanut butter are being used for an even bigger mission: **fighting malnutrition** around the world.

RUTFs, or Ready-to-Use Therapeutic Foods, are peanut-based products specially formulated to treat severe malnutrition by promoting weight gain, strength, and overall health. With the support of global partners, RUTFs have been a lifeline for millions of adults and children in impoverished areas worldwide.

It’s an amazing development that sees peanuts come full circle—from providing important nutrients for older generations, to helping improve the health of the next. And for one little legume, what could be bigger than that?



SOURCES:

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