HEART HEALTHY PEANUTS

Heart-Check® Facts

- The most recognized brand of nut available today.
- Guides shoppers to buy heart-healthy snack basics.
- Trusted by parents of growing children.

Select peanuts are among the list of foods certified by the American Heart Association’s Heart-Check® mark program.

Some brands of oil roasted salted peanuts contain heart-healthy polyunsaturated fats.

Healthy Heart

The risk of heart disease decreases the more frequently you eat peanuts or peanut butter.

Eating a small handful of peanuts 1 to 2 times per week can decrease your risk of heart disease by 37%.

Peanuts contain heart-healthy polyunsaturated fats.

One serving of peanuts contains 19% of the recommended daily intake of protein.

Peanuts contain healthy oils and are high in plant protein.

Diet showed that replacing meat with a protein-rich food can decrease the risk of death from heart disease by 11%.

Low In Sodium

In order to be considered low in sodium, foods must contain less than 140 mg sodium per serving.

Some brands of oil roasted salted peanuts contain only 5 mg sodium per serving.

References


The Peanut Institute
www.peanut-institute.com