PEANUTS: A GREAT SOURCE OF HEALTHY FATS

Peanuts sometimes get a bad rap for being high in fat. But not all fats are created equal. It turns out that the fat in peanuts is actually a good addition to any diet.

When Mono Is a Good Thing

Roughly half of the fat in every serving of peanuts is monounsaturated fat, which is a “good fat.” These fats have been found to deliver a range of surprising health benefits, making them an important part of every diet.

Why You Should Eat More Monounsaturated Fats (Like Peanuts!)

They reduce cholesterol.
Consuming foods rich in monounsaturated fats, like peanuts, helps reduce bad cholesterol and triglyceride levels, lowering your risk for heart disease and stroke.

They may help reduce arthritis pain.
Research shows eating monounsaturated fats daily may help diminish symptoms among people with rheumatoid arthritis.

They deliver a daily dose of vitamin E.
The healthy fat in peanuts is full of vitamin E, a vital antioxidant that supports vision, reproduction, and skin health. High doses may also delay the progression of Alzheimer’s disease. Despite the many benefits of this vitamin, the National Institutes of Health has found that most American don’t meet the daily recommended amounts of vitamin E. An extra serving of peanuts, peanut butter, or peanut oil can help close that gap.
Poly Want a Peanut? The Other Good Fat

As for the rest of the fat in peanuts, more than 30 percent is polyunsaturated, which is another important part of a healthy diet. Polyunsaturated fats deliver proven benefits for heart and brain health:

- **Even more good cholesterol:** Like monounsaturated fats, polyunsaturated fats also help lower bad cholesterol, making peanuts a powerful weapon in the fight against heart disease.

- **Lots of omega-6 fatty acids:** Polyunsaturated fats are full of omega-6 fatty acids, an essential fatty acid that the body can’t make on its own. This nutrient is important for many functions in your body and research suggests it may promote healthy aging and prevent memory loss later in life.

With These Powers Combined ...

Each of these fats on its own is a healthy option, but the combination of monounsaturated and polyunsaturated fats in peanuts, peanut butter, and peanut oil makes this little snack a great addition to any healthy diet.

5 More Reasons to Eat Peanuts Every Day

Along with being a great source of healthy fat, peanuts bring loads of additional benefits.

1. **You’ll stay full longer:** Peanuts are full of fiber, which makes you feel full longer. That can help prevent late day cravings and snacking between meals.

2. **You are less likely to get fat:** A study of overweight women found that eating nuts regularly is associated with lower body mass index over time.

3. **They’re just as beneficial as pricier nuts:** One study found that eating peanuts had the same heart-health benefits as eating other, more expensive nuts. Which means you can help protect your heart and your wallet.

4. **They help women get their vitamins:** Peanuts are chock full of folate, which helps prevent birth defects during pregnancy. All women and teen girls who could become pregnant should consume folate every day.

5. **Government guidelines approve:** The 2015–2020 Dietary Guidelines recommend eating nutrient-dense foods, such as peanuts, peanut butter, and peanut oil, as part of a healthy diet.

Remember: Eating good fat is good for you, so making peanuts part of your daily diet is a smart decision for your health.

References


