The research is clear: Peanuts are good for your body. But did you know they can help your brain, too?

- **STRENGTHEN COGNITION**
- **IMPROVE SHORT-TERM MEMORY**
- **BOOST ENERGY TO PROMOTE ALERTNESS** (healthy fats)
- **PROTECT AGAINST COGNITIVE DECLINE** (niacin)
- **INCREASE BLOOD FLOW TO THE BRAIN** (resveratrol)
- **PROMOTE LEARNING** (polyphenols)

**PEANUTS:** BRAIN SUPERFOOD
PEANUTS: BRAIN SUPERFOOD continued

**BIOACTIVES**
are a type of chemical found in some foods that deliver benefits beyond typical nutritional needs. The bioactive resveratrol, which is found in peanuts, is good for brain function and improves blood flow in the brain.

**THE UNSATURATED FAT**
in peanuts gives you energy. Energy helps you ward off fatigue and stay alert.

**POLYPHENOLS**
like the ones in peanuts penetrate the area of the brain involved in learning and memory. These polyphenols increase blood flow to the brain, which improves cognition and has the potential to enhance mood, which may also help to reduce depression.

**Resources**