THEM PLANT-BASED POWER CAN HELP PREVENT DISEASE.

One study that tracked the health of more than 280,000 Americans found that substituting one daily serving of a plant protein (such as peanuts or peanut butter) for one serving of an animal protein decreased the risk of developing type 2 diabetes.

AND THAT’S NOT ALL …

Eating peanuts in moderation has been linked to improved blood sugar control. Over time, that may lower the risk of developing type 2 diabetes.

THEY SATISFY HUNGER.

The combination of fiber and protein in peanuts and peanut butter keeps you feeling fuller for longer after eating.

BUT WAIT … THERE’S MORE …

Feeling fuller for longer can help you manage your weight. And when you have diabetes, losing even just a few pounds can help control it.

THEY ENERGIZE YOU AND STABILIZE BLOOD SUGAR.

You heard us right. The B vitamins in peanuts give you an energy boost and the low-carb/high-fiber combo helps you maintain your energy throughout the day. That’s why peanuts make a great snack when you’re out and about.

NOT TO MENTION …

The fiber in peanuts helps prevent sudden, sharp spikes in blood sugar after meals.