

# PEANUTS ARE SUPER(FOOD) HEROES

## IN FIGHTING DIABETES

Did you know peanuts are a superfood when it comes to stabilizing blood sugar and preventing or managing type 2 diabetes? Read on to learn more about the power peanuts bring to fighting diabetes.



### 1 THEIR PLANT-BASED POWER CAN HELP PREVENT DISEASE.

One study that tracked the health of more than 200,000 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.



### 2 THEY SATISFY HUNGER.



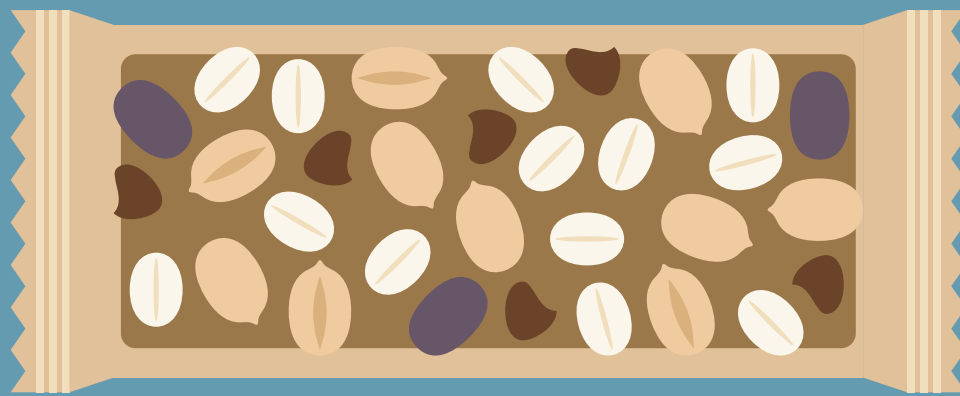
The combination of fiber and protein in peanuts and peanut butter keeps you feeling fuller for longer after eating.

#### 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.



### 3 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.



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