

POWER OF PEANUTS FOR HEALTH

New research has explored the environmental and nutritional benefits of peanuts. Read on for a few key takeaways on how peanuts are good for the planet...and for you!

1 PEANUTS ARE GOOD FOR THE PLANET.

Here are some of the environmental benefits of peanuts:



THEY'RE SUSTAINABLE.

Peanuts require 20 times less land to produce than beef, and generate 20 times less greenhouse gas emissions.



THEY IMPROVE THE SOIL.

Peanuts add nitrogen — a key nutrient for growth — back into the soil, while other crops deplete it.



Peanuts use 4.7 gallons per ounce

Almonds use 80.4 gallons per ounce

THEY'RE ENVIRONMENTALLY FRIENDLY.

Peanuts require less water for crop production than any other nut.

2 PEANUTS ARE BIOACTIVE SUPERFOODS.

Bioactives can deliver huge health benefits beyond typical nutritional support. Peanuts contain these powerful compounds, to name a few:

ARGININE

- Improves circulation
- Lowers blood pressure
- Keeps arteries flexible

RESVERATROL

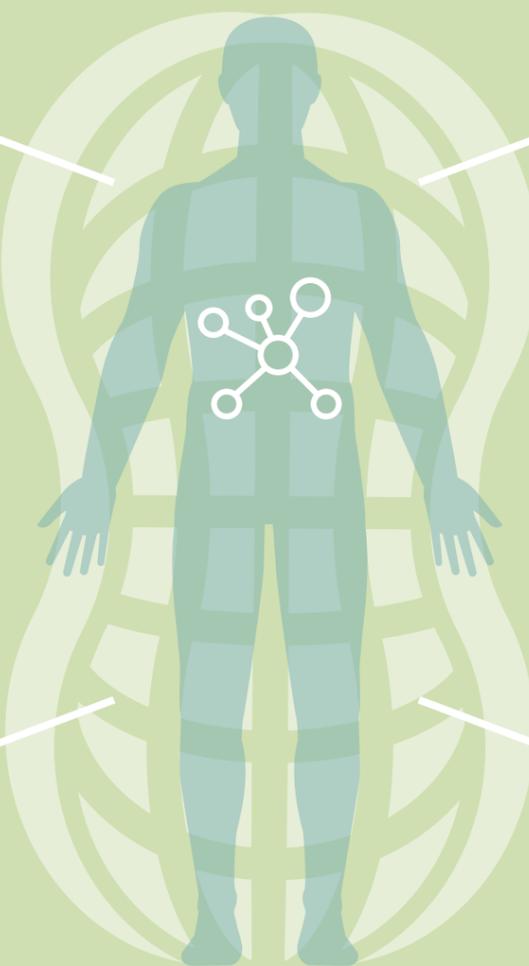
- Improves longevity
- Blocks the growth of cancer cells
- Decreases inflammation

PHYTOSTEROLS

Block the absorption of cholesterol from your diet

FLAVONOIDS

Reduce the risk of dying from heart disease or stroke



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