Chances are good that you’re part of the 90 percent of Americans who say snacking is a daily part of their lives.

So if you’re snacking anyway (and, come on—you are), you might as well grab a snack that’s nutritious, energizing, filling, and delicious: good ol’ peanuts! Check out these equations as you decide between peanuts and peanut butter.

**THE HEALTH BENEFITS REALLY ADD UP**

(Thanks to good-for-you nutrients)

**PEANUTS**

= **BONE HEALTH** (magnesium + phosphorous) + **HEART HEALTH** (vitamin E + niacin) + **CANCER PREVENTION** (selenium) + **BRAIN HEALTH** (choline + thiamin + polyunsaturated fat) + **SKIN PROTECTION** (vitamin E) + **SATIETY** (protein + fiber) + **LOWER BLOOD PRESSURE** (potassium + arginine) + **BOOSTED IMMUNE SYSTEM** (vitamin E + zinc)

**YOUR WHOLE BODY LOVES PEANUTS!**
SUBTRACT YOUR SNACK ATTACK

Because they contain fiber, peanuts can help you feel fuller for longer. Or, in math terms:

PEANUT OR PEANUT BUTTER SNACKS ≥ LESS NUTRITIOUS SNACK

YOUR TASTE BUDS + PEANUTS = HAPPINESS

The number one reason many people snack is to treat themselves. And since PEANUTS = HEALTHY × NUTRITIOUS, you might think twice about reaching for any other snack.

Sources:
www.ods.od.nih.gov/factsheets/Selenium-Consumer
www.health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods
www.ncbi.nlm.nih.gov/pmc/articles/PMC2782876