

# ARE PEANUTS A GREAT SNACK? YOU DO THE MATH

# 90%

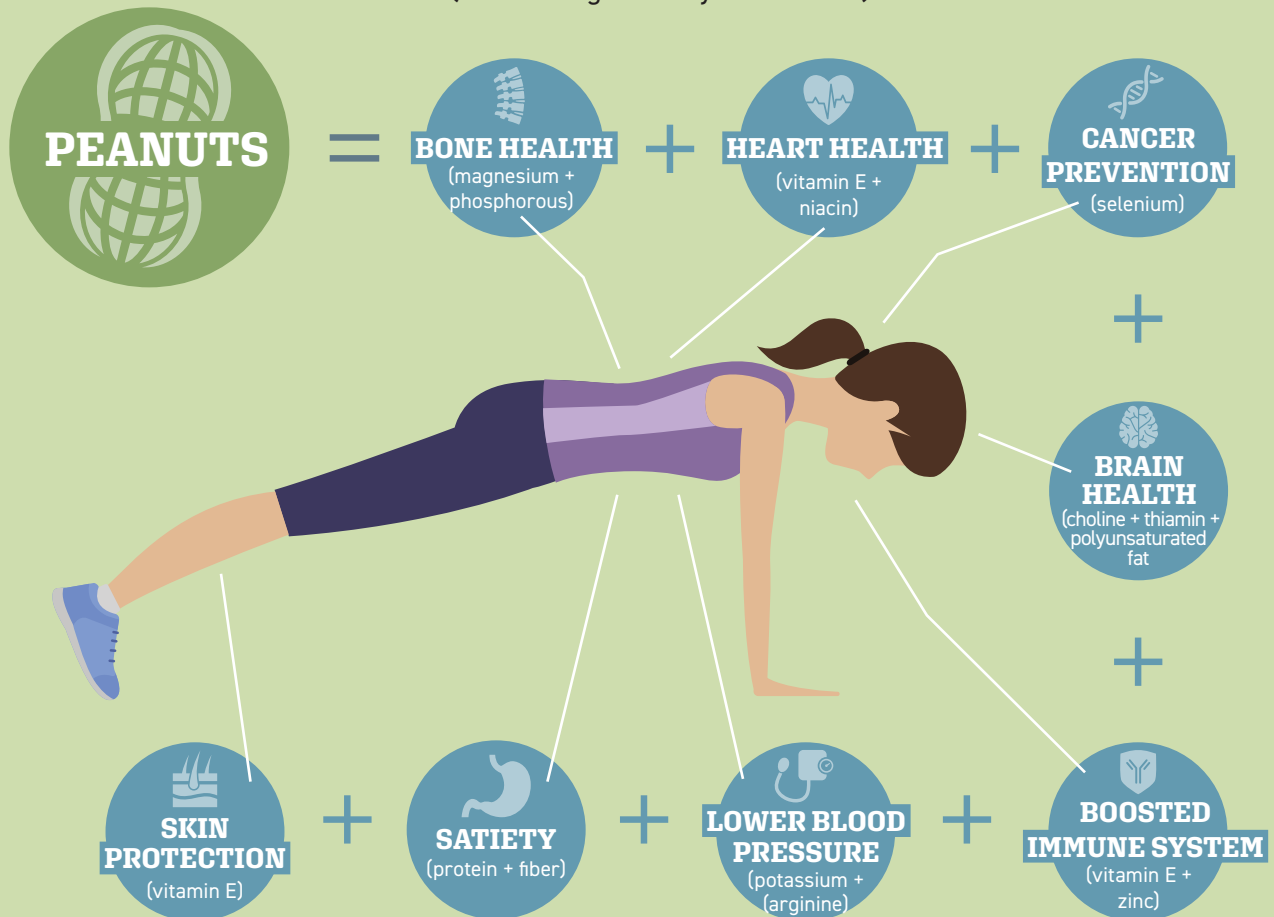


Chances are good that you're part of the **90 percent** of Americans who say snacking is a daily part of their lives.

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)



## 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** ~~X~~ **NUTRITIOUS**,  
you might think twice about reaching for any other snack.

**Sources:**

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