

THE HEALTHY FAT THAT HELPS *PEANUTS FIGHT DISEASE*

Did you know that fat isn't necessarily a villain when it comes to your diet?

Healthy fats like omega-6 play a heroic role in fighting inflammation. This, in turn, helps prevent many diseases. Peanuts contain high levels of omega-6, so grab a handful and read on.



THE INFLAMMATION FIGHTER

BAM!

Inflammation is like a supervillain:
It is associated with many chronic diseases.

Omega-6 fats are like the superhero that comes to the rescue.

A diet rich in omega-6 fatty acids may help prevent:

- Heart disease
- Obesity
- Cancer
- Diabetes
- Hypertension
- Rheumatoid arthritis
- Elevated cholesterol levels

POW!

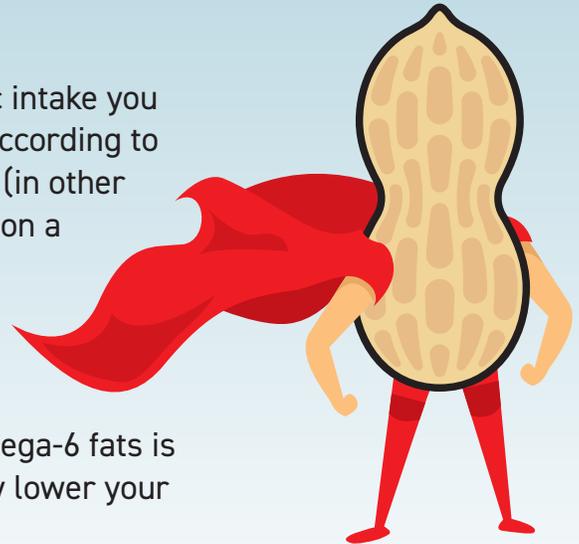
IT'S A BIRD! IT'S A PLANE! IT'S A HANDFUL OF PEANUTS!



The amount of your daily caloric intake you should get from omega-6 fats, according to the American Heart Association (in other words, 100–200 calories, based on a 2000-calorie diet)



If your daily caloric intake of omega-6 fats is higher than 10 percent, you may lower your coronary heart disease risk



$\frac{2}{3}$ cup of peanuts:

About $\frac{2}{3}$ cup of dry-roasted peanuts contains more than 80 percent of the AHA's recommended daily intake of omega-6 fats

References:

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