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

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
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

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: