

PEANUTS:

THE POWER OF PROTEIN IN EVERY BITE

When it comes to your daily nutrition needs, dietary protein takes a primo spot. Your body uses it to maintain all sorts of stuff, including your bones, muscles, and skin. Did you know peanuts are a plentiful source of dietary protein?

HERE ARE **FOUR REASONS** WHY PEANUTS STACK UP TO PROTEIN PERFECTION, **BITE BY BITE.**

1

THEY'VE GOT THE PROTEIN OF A BEAN (IN A NUTSHELL)

Botanically speaking, peanuts are legumes rather than true nuts. That means their protein content is comparable to many beans.

2

THEY COME OUT ON TOP

Compared to these nuts, peanuts pack the biggest punch of protein per 1 ounce serving.

PEANUTS
7 GRAMS

PISTACHIOS
6 GRAMS

ALMONDS
6 GRAMS

CASHEWS
4 GRAMS

HAZELNUTS
4 GRAMS

WALNUTS
4 GRAMS

PECANS
3 GRAMS

MACADAMIAS
2 GRAMS

Source: USDA Food Composition Databases, based on dry-roasted nuts

3

THEY EARN BONUS POINTS

Some protein foods are healthier choices than others. In addition to containing protein...



Most of a peanut's fat is unsaturated.



Much of a peanut's carbohydrate content is fiber.



Peanuts contain vitamins, minerals, and bioactive compounds that provide extra health benefits

4

THEY BOAST PLANT-BASED BENEFITS

A study that tracked the long-term health of more than 200,000 Americans found:

Substituting **one daily serving of a plant protein** (such as peanuts or peanut butter)



for **one daily serving of an animal protein** decreased the risk of developing type 2 diabetes.

References

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