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.

3. **They Earn Bonus Points**

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

4. **They Boast Plant-Based Benefits**

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

   - 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.
   - 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.

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

**References**