PEANUTS: A Superfood with Super Powers

This nutrient-rich powerhouse rises to superfood status by delivering superior health benefits in a small serving.

**ONE OUNCE Serving**
Approximately 20 peanuts

- **7g of protein**
  - to feel full and can contribute to lower blood sugar

- **Healthy fats**
  - that help decrease “bad” LDL cholesterol and increase “good” HDL cholesterol

- **Fiber**
  - which can contribute to lower levels of LDL cholesterol

- **Bioactive compounds**
  - shown to help reduce cardiovascular disease and cancer risk, lower inflammation and cholesterol, and improve blood flow

- **19 vitamins and minerals**
  - many of which fight heart disease

Peanuts contain many of the beneficial components found in other superfoods, including:

- **Antioxidants**
  - similar to those in blueberries

- **Flavonoids**
  - similar to those found in green and black tea

- **Healthy fats**
  - similar to those found in avocados

Several studies on the effects of peanuts on our health have found that it just takes A SMALL SERVING TO REAP HUGE BENEFITS:

1. **Reduced Risk of Heart Disease**
   - A study showed those who consumed peanut-butter regularly had a reduced risk of dying from cardiovascular disease

2. **Reduced Risk of Alzheimer’s Disease**
   - Peanuts have high levels of niacin and are a good source of vitamin E. In a study of almost 4,000 people 65 years or older, those from fruit slowed the rate of cognitive decline

3. **Reduced Risk of Diabetes**
   - A landmark study showed that peanut butter consumption reduced type 2 diabetes risk by 21% in women

4. **Reduced Risk of Cancer**
   - One study found that daily peanut consumption was associated with a decreased risk of a hard-to-treat type of breast cancer in postmenopausal women

**PREVENTING PEANUT ALLERGIES**

Research indicates that the early introduction of peanuts in children can help prevent peanut allergies later in life. The LEAP Study (Learning Early About Peanut Allergy) showed that children exposed to peanut foods between 4-11 months of age had an 86% reduction in peanut allergy at the end of five years.

Source: The Peanut Institute (Peanut-Institute.com)