

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
35 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

19 vitamins and minerals

many of which fight
heart disease

Bioactive compounds

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

**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
peanuts 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, niacin from
food 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.