Peanuts: A more affordable alternative to almonds for controlling diabetes.

If you’re one of the **29 million people** in the US living with diabetes, we have good news: when consumed daily as part of a balanced diet, peanuts provide a low-cost option that **can help lower blood glucose**!

**A 12 WEEK STUDY:**

<table>
<thead>
<tr>
<th>GROUP 1</th>
<th>GROUP 2</th>
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</thead>
<tbody>
<tr>
<td><strong>PEANUTS</strong></td>
<td><strong>ALMONDS</strong></td>
</tr>
<tr>
<td>APPROXIMATELY 2 SERVINGS DAILY (BETWEEN 50-60G)</td>
<td>APPROXIMATELY 2 SERVINGS DAILY (BETWEEN 45-55G)</td>
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</tbody>
</table>

**HERE’S WHAT THEY FOUND:**

1. Peanuts and almonds equally improved both fasting and postprandial* blood glucose levels

2. By the end of the study, there was also no difference in hemoglobin A1c levels (a marker of long-term glucose control) between the peanut and almond groups

**IN CONCLUSION:**

It doesn’t have to be costly to be healthy! If you’re looking for a less expensive alternative to tree nuts that deliver big benefits, look no further than the superfood peanuts.

*glucose levels tested 2 hours after a meal

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