



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:



GROUP 1
APPROXIMATELY
2 SERVINGS DAILY
(BETWEEN 50-60G)



GROUP 2
APPROXIMATELY
2 SERVINGS DAILY
(BETWEEN 45-55G)

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.

