How Peanuts Help the Heart

It’s no secret that peanuts have a lot to offer heart health, but what’s this superfood’s secret to making it happen? It turns out, we’re still discovering all the benefits of enjoying every daily serving!

The effects of omega-6 are in addition to the wealth of benefits science has previously discovered with peanuts, peanut butter and peanut oil.

A 2018 review found regular nut consumption:

- Reduces the risk of dying from heart disease
- Helps keep blood vessels healthy
- Reduces high blood pressure and high cholesterol


des

Linoleic Acid is the main omega-6 fat in peanuts

The American Heart Association’s journal recently published a study which showed having high levels of linoleic acid in the body was associated with some pretty impressive numbers:

- Reduced risk of dying from a cardiovascular disease
- Reduced risk of stroke
- Reduced risk of coronary heart disease by 15%
- Reduced risk of dying from a cardiovascular disease by 22%

Peanuts contain healthy fats including monounsaturated fats and essential fats like omega-6. Linoleic acid is the main omega-6 fat in peanuts.
Peanuts Help Prevent Heart Disease

Just one single serving of peanuts (approx. 35) or peanut butter (2 Tbsp.) packs a serious nutritional punch!

Show Your Some Love with Peanuts

“Research continues to accumulate around the health benefits of peanuts. Since peanuts are nutrient-dense and deliver health advantages in a small serving, they can be considered a superfood.”

Dr. Vasanti Malik, Harvard University

Keep Your Arteries Healthy and Flexin’

With up to 100,000 miles of arteries carrying oxygen and nutrients throughout your body, it’s important to keep them flexible and working properly. If not, they can become stiff, which can increase risk for heart attack and stroke.

Vitamins and Minerals
Many of which fight heart disease. Vitamin E, folic acid, niacin, magnesium, vitamin B6, zinc, copper and potassium

Healthy Fats
that help decrease “bad” LDL cholesterol and increase “good” HDL cholesterol

Fiber
that can contribute to further lowering levels of LDL cholesterol, and reducing risk of heart disease.

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

To learn more about some of the amazing ways peanuts, peanut butter and more can benefit your health, be sure to follow us on Facebook, Twitter (@ThePeanutInst), and Instagram (@peanutinstitute).

SOURCE: THE PEANUT INSTITUTE (PEANUT-INSTITUTE.COM)


