

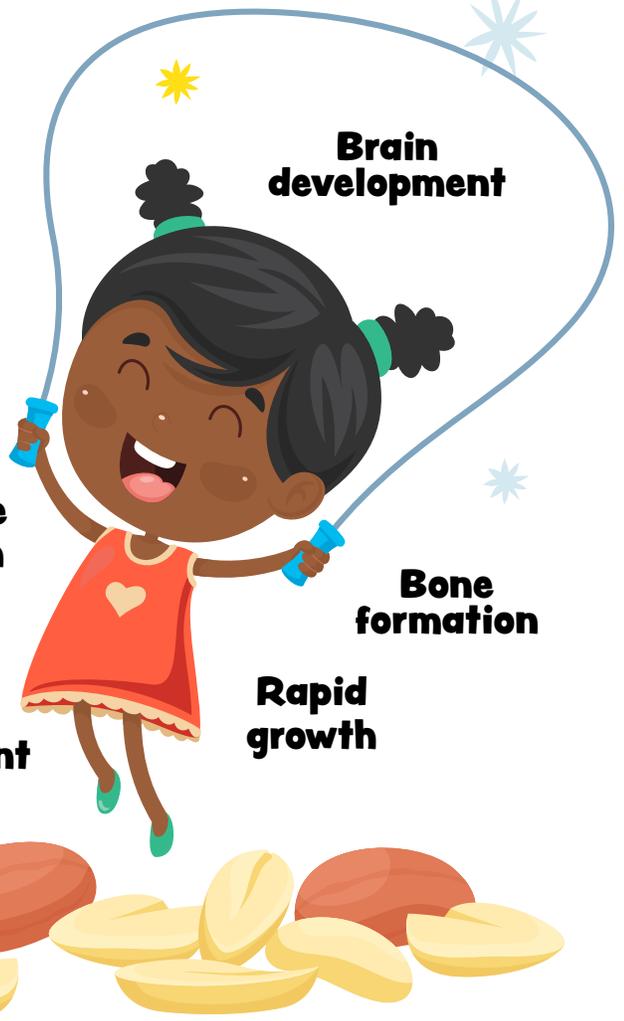
Are peanuts good for a kid's health?

When it comes to growing up strong, it's important to help kids develop healthy habits early. From protein that helps kids feel full and stay focused, to bioactives, minerals and more that help protect against several conditions, peanuts and peanut butter provide an affordable way to deliver the nutrition they need at every age.



Peanuts and the Body

As kids grow, so do their protein needs. Peanuts contain more protein than any other nut, and, along with peanut butter, are recommended by the Academy of Nutrition and Dietetics as a way to help kids meet those needs. Plus, they offer benefits for healthy development.



Immune system development

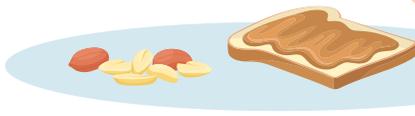
Arginine Helps Kids Grow

Arginine is an amino acid that helps kids grow¹, and peanuts have more arginine than just about any other food.



Peanuts and the Brain

Peanuts and peanut butter can also help support a healthy mind! They contain several compounds that are important for brain development.



Peanuts help kids of all ages!

Peanuts and peanut butter pack protein, protective nutrients and unique bioactives that can help kids grow up strong, and adults feel their best. So when it comes to your snacktime selection, they're one pick that kids and adults can definitely agree on.



Benefits that grow with you

Even after kids are all grown up, peanuts and peanut butter contain a host of nutrients that can still help them stay healthy.

B Vitamins

help with energy production and proper brain function.²

Choline

promotes electrical efficiency and supports functioning neurotransmitters.³

Copper

promotes concentration and, along with polyunsaturated fatty acids, helps produce neurons

Resveratrol

An antioxidant found in the skin of grapes, this polyphenol protects against cancer and heart disease.⁴

Niacin

Peanuts are an excellent source of this vitamin, which is associated with a reduced rate of cognitive decline.⁵

Biotin

Peanuts are a good source of this mineral, which is beneficial for healthy hair, skin and nails.

Manganese

Peanuts are also an excellent source of this mineral, which helps improve bone health, control blood sugar, and may lower incidence of seizures.

P-coumaric acid

This phenolic acid may help protect against anxiety and depression⁶, as well as liver and kidney damage.⁷

Learn more about the super powers of peanuts by following us on [Facebook](#), [Instagram](#) and [Twitter](#).



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