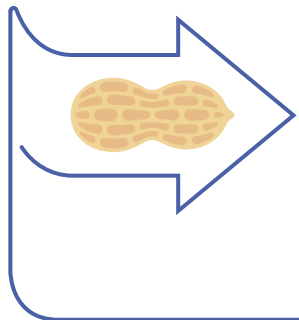


# Live a Longer, Healthier Life with Peanuts!



From healthy childhood development to disease prevention, there are plenty of reasons to eat peanuts and peanut butter at every stage of life — but can they actually help us live longer?

It looks like the answer is yes!



## Prevent the leading causes of death

A reduced risk of dying prematurely from multiple causes, including cardiovascular disease (one of the leading causes of death worldwide) was associated with a healthy, plant-based diet that includes plenty of nuts, legumes, fruits and vegetables.<sup>1</sup>

In a 2019 study of individuals aged 50-71, nut consumption was associated with a 22% lower risk of mortality. That's in addition to a drop in risk for other diseases, including cancer, respiratory, renal and liver disease mortality.<sup>2</sup>

**22%**  
Lower risk of mortality

## The Snack with Proven Results

A 2017 review of 18 prospective studies on nut consumption found a reduced risk of death from all causes — even with eating just a small amount.



## Peanut Butter Power

Plant-based diets that include peanut butter encourage healthy aging and longevity, with a lower mortality risk than low-carb diets with animal-based proteins.<sup>4</sup>



2015 saw a study with similar results, where peanut consumption lowered the risk of dying prematurely by 21%.<sup>3</sup>

Lower risk of dying prematurely

**21%**

**18** Proven Studies



# How do peanuts do it?

It all comes down to nutrition, and peanuts and peanut butter are packed with plenty:

75%  
heart-healthy  
unsaturated fat



Huge health  
benefits from  
bioactives like  
antioxidants,  
flavonoids and  
resveratrol



Good source of  
fiber, vitamin E,  
and magnesium



The most protein  
of any nut



High levels of  
arginine promote  
blood flow



Whether it's by the tablespoon or by the handful, eating peanuts has healthy benefits by the bushel! And if these results are any indication, they can help you enjoy plenty of healthy snacking for years to come.



## SOURCE: THE PEANUT INSTITUTE ([PEANUT-INSTITUTE.COM](http://PEANUT-INSTITUTE.COM))

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