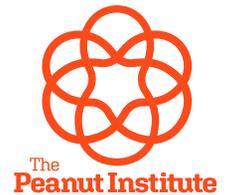


PEANUTS & METABOLIC SYNDROME

IN THE FIRST STUDY OF ITS KIND, Harvard researchers have found that eating just 2 ounces of peanuts each day can help not only reduce the risk of metabolic syndrome — it may actually help reverse it!



WHAT IS METABOLIC SYNDROME?

Affecting about 1 in 5 adults, metabolic syndrome is a group of factors that increase the risk of developing two major types of disease: cardiovascular disease and type 2 diabetes.

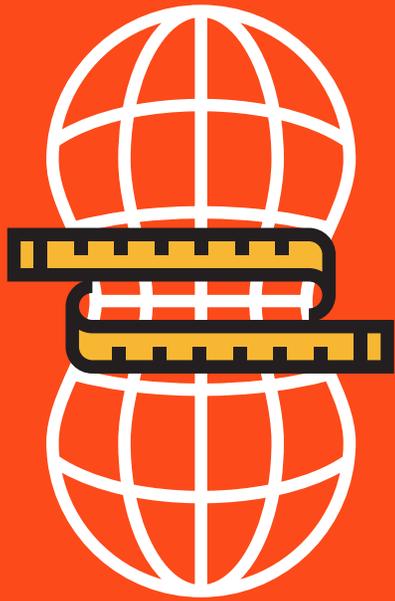
How serious is metabolic syndrome?

It can be life-altering. A person living with metabolic syndrome is 5 times as likely to develop type 2 diabetes, and 2 times as likely to develop cardiovascular disease within 10 years.



THE STUDY

Published by the *American Journal of Clinical Nutrition*, the results of the 224-person study showed those with metabolic syndrome who ate 2 servings of lightly salted peanuts daily for 12 weeks were more than 2 times as likely to reverse their condition. That means that in just 2 daily ounces (or about 2 handfuls) of peanuts, you could double your likelihood of reversing this harmful risk factor from your life. And even if you don't currently have metabolic syndrome? Peanut consumption may help reduce your risk of developing it.



STAY TRIM
WHILE YOU

STAY HEALTHY

If you want to add this nutritious snack to your daily routine but are worried about your weight, there's even more good news: the study also showed that those who consumed peanuts did not experience weight gain over the 12-week period.

USING FOOD

AS MEDICINE

This latest study adds evidence to the growing view that certain foods, especially those with an abundance of beneficial nutrients like peanuts, can be thought of as medicine. That's because peanuts contain a variety of antioxidants, vitamins, minerals and other compounds that work together to promote our overall health and wellbeing.



MORE REASONS TO LOVE PEANUTS

AFFORDABILITY

Even with their extremely low cost, peanuts are highly beneficial at every age — helping to foster healthy development in children, and keeping our minds sharp as we grow older.

FLEXIBILITY

In addition to their health benefits, peanuts and peanut butter are a staple ingredient for their ability to help dishes “stretch” further — adding nutrients and hunger-satisfying protein to dishes from China, India, Africa and beyond.

SUSTAINABILITY

Peanuts use a small percentage of the water required by some other nuts (including almonds), and are free of the ozone-damaging methane caused by animal protein production. Plus, peanuts replenish the soil with nitrogen, which makes them a favorite crop among farmers.

SOMETHING TO CHEW ON...

If you're looking to get the most nutritional bang for your bite, few foods can go pound for pound (or ounce for ounce) with the benefits of peanuts — which is all the more reason to make a daily serving part of your daily routine. Want to know more? Be sure to check out our research library on Peanut-Institute.com, and follow us on Facebook, Instagram, Twitter, LinkedIn or Pinterest for a daily dose of peanut nutrition and news.

