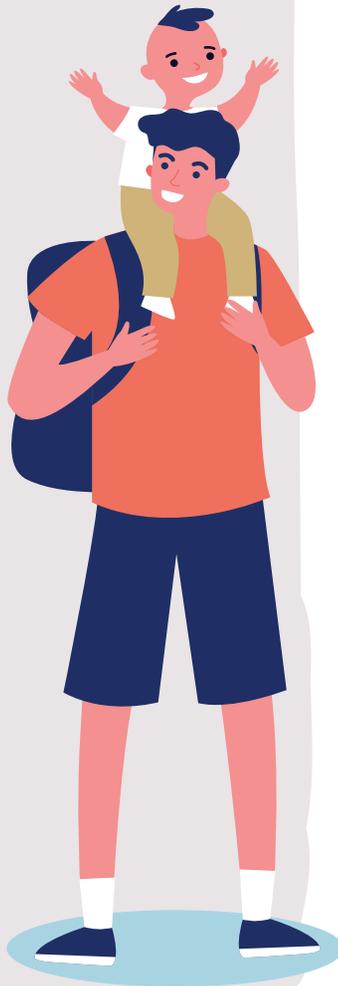


Peanuts and Healthy B24 Child Development

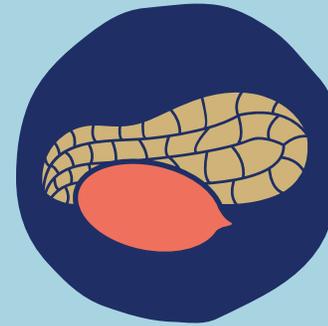
The earliest years of a child's life aren't just the most magical — they can also be the most crucial when it comes to their nutrition.

The Dietary Guidelines for Americans 2020-2025 reports that during B24 (birth through 24 months), children gain an average of 4-6 lbs. and 2-3 inches per year.¹ So it's important to power that growth in a nutritious way.

The American Academy of Pediatrics recommends parents introduce complementary foods into their baby's diet at around 6 months, which can be a great time to incorporate peanuts.² Early introduction of peanuts as a complementary food can also help **reduce the risk of peanut allergies.**



What Can Peanuts Offer?



The Dietary Guidelines for Americans 2020-2025 highlights peanuts and other nuts as "important sources of iron, zinc, protein, choline, and long chain polyunsaturated fatty acids,"³ all of which contribute to healthy development.

Early Steps for a Healthy Life

For children, peanuts and peanut butter can offer three levels of nutritional support.

1 Promote Healthy Brain and Body Development.

Polyunsaturated fats (often referred to as "healthy fats") are vital for the rapid brain development that occurs during the first 2 years of a child's life.³

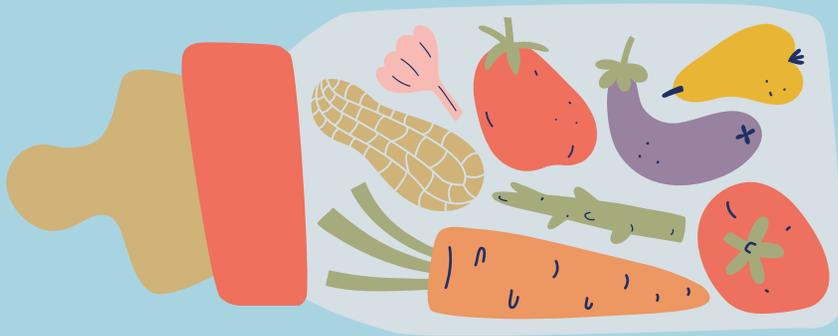
Choline promotes concentration and helps build neurotransmitters in the brain.

Copper also promotes concentration, and like polyunsaturated fatty acids, it helps the body to produce neurons.

Arginine encourages healthy growth. Getting arginine from food sources is associated with higher growth velocity and linear growth⁴ — and peanuts have more arginine than just about any other food.

2 Promote Healthy Eating Habits.

Studies show that a baby's diet can influence how they eat as they get older — which can affect their health.⁵ That's why it's important to introduce healthy foods to your children early. A study found that **pairing vegetables with preferred tastes like peanut butter significantly increased vegetable consumption in children.**⁶



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3 Protect Against Health Issues.

Today, 1 in 3 children is either overweight or obese, and 1 in 5 is obese.^{7,8} This can lead to a higher risk for chronic conditions like asthma, high blood pressure, high cholesterol, type 2 diabetes and heart disease later in life.^{5,8}

Eating peanuts and peanut butter regularly is associated with better weight management, heart health, and a lower risk for diabetes as an adult.⁹⁻¹²

Plus, thanks to the diverse range of vitamins and minerals found in peanuts, there's a high chance they can help provide protection against other diseases as we age. In a 2019 study, children as young as 6 years old who substituted peanuts for sweet snacks had a 59% lower risk of early signs of atherosclerosis than children who didn't.¹³



For more info on preventing peanut allergies and how to introduce peanut-powered foods into your infant's diet, visit [PeanutAllergyFacts.org](https://www.peanutallergyfacts.org).

To get a daily serving of peanut research, recipes and more, be sure to follow The Peanut Institute on Facebook, Twitter, Instagram, LinkedIn and Pinterest.

