

PEANUTS: A HEALTHY BRAIN FOOD



What we eat has a profound impact on how our bodies function and feel, with some foods offering great benefits to different aspects of our health.

When it comes to choosing the right healthy foods for your brain, peanuts and peanut butter offer a wealth of nutrition and benefits you'll want to keep in mind.

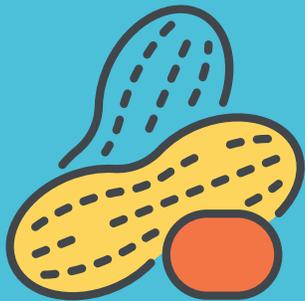


BENEFITS FOR EVERY AGE

ADULTS 60 TO 80 years of age who didn't consume peanuts or peanut butter regularly were 30-50% more likely to do poorly on cognitive tests measuring learning, memory, language, processing motor speed and attentiveness, according to a 2021 study published in the Journal of the Prevention of Alzheimer's Disease.¹

ADULTS 55+ who ate at least 1 daily handful (10g) of peanuts demonstrated higher cognitive scores, and had a 40% lower likelihood of poor cognitive function.²

ADULTS 18-33, consumption of peanuts and peanut butter was associated with improved memory function, as well as decreased anxiety, depression and stress.³



BRAIN-BOOSTING NUTRIENTS

PEANUTS PACK SO MANY BENEFITS IN SUCH A SMALL SHELL:

NIACIN: Adults 65+ who consumed more niacin showed a slower rate of cognitive decline and a 70% reduced risk for Alzheimer's disease⁴ — and peanuts are an excellent source of niacin.

VITAMIN E: Found to promote healthy brain aging and delay cognitive decline caused by Alzheimer's disease.⁵ Peanuts are considered a "good source" of vitamin E.

RESVERATROL: A bioactive found in peanuts, resveratrol is believed to be beneficial in fighting against Alzheimer's disease and other nerve degenerating diseases.⁶

P-COUMARIC ACID: An antioxidant that may help regulate mood, stress and anxiety. In 2014, researchers noted that it may have similar effects for reducing stress as a leading anxiety-reducing drug, Diazepam.⁷

GIMME SOME SKIN!



A 2016 randomized controlled trial found that peanuts eaten with skins improved both cerebrovascular and cognitive function in men and women.⁸

SOURCES:

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THE MIND DIET

A combination of the Mediterranean and DASH diets, the MIND diet is unique in that it specifically includes foods that have been shown to benefit the brain — including peanuts.

In fact, in 2015, two separate studies on the effect of the diet reported slower age-related cognitive decline, and up to 53% lower risk for Alzheimer's disease.⁹

BRAIN FOOD FOR THOUGHT

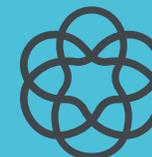
If you want to support your brain with the right nutrition, the evidence shows that peanuts and peanut butter should be seriously top-of-mind — and top of your grocery list.

That being said, no one food can do it all — so be sure to power-up your diet with a variety of nutritious foods.



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