

JUST ADD PEANUTS!

Small lifestyle changes with big results.

Whether it's working out regularly, eating sensibly, or even just maintaining a more positive outlook, it is a great time to look at new healthy habits. And the good news? You can make some big changes with small steps! In fact, just one daily serving of peanuts can support all of those changes.



ONE SUPER SERVING

EVERY SERVING OF PEANUTS PACKS:

- 7g of hunger-satisfying protein (more than any other nut)
- Heart healthy fats and oils
- 0 cholesterol
- 19 vitamins and minerals (including many that are 'hard to get')

With all of that nutrition in one tiny shell, it's no wonder so many cultures around the world incorporate peanuts into their daily diets. But some diets have been identified as especially beneficial.



MEDITERRANEAN DIET

The Mediterranean Diet Emphasizing fresh veggies, healthy fats and lean protein (including peanuts), studies show this diet can reduce your risk for cardiovascular disease and support our brains as we age¹, among other benefits.

MIND DIET

Created by combining the most beneficial brain foods from the Mediterranean Diet and DASH diets, the MIND diet resulted in a 53% lower risk of Alzheimer's Disease², as well as a decreased risk of Parkinson's Disease and a slower rate of its progression.



GETTING ACTIVE

Peanuts and peanut butter can help support an active lifestyle in three big ways: energy, recovery and maintenance.



ENERGY:

Peanuts contain healthy fats, making them an energy-dense food. Our bodies use these healthy fats as a “fuel” to hit the trails, the gym, or your to-do list.

RECOVERY:

Post-workout, your muscles need protein to acquire the types of amino acids necessary to repair, grow and stay healthy.

MAINTENANCE:

If weight loss is part of your resolution, a meta-analysis study found that nut intake may be associated with a decreased risk of obesity and lower body weight measures.

Sources:

1. Karstens AJ, Tussing-Humphreys L, Zhan L, Rajendran N, Cohen J, Dion C, Zhou XJ, Lamar M. Associations of the Mediterranean diet with cognitive and neuroimaging phenotypes of dementia in healthy older adults. *Am J Clin Nutr.* 2019 Feb 1;109(2):361-368. doi: 10.1093/ajcn/nqy275. PubMed PMID: 30698630; PubMed Central PMCID: PMC6367961.

2. Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT. MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimers Dement.* 2015 Sep;11(9):1007-14. doi: 10.1016/j.jalz.2014.11.009. Epub 2015 Feb 11. PubMed PMID: 25681666; PubMed Central PMCID: PMC4532650.

3. Parilli-Moser, I., et al., Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. *Clinical Nutrition*, 2021. <https://doi.org/10.1016/j.clnu.2021.09.020>

HEALTHY BODY, HEALTHY MIND

Supporting your overall health means finding foods that keep you feeling your best, and peanuts have plenty to love.

LIVE LONGER:

A healthy, plant-based diet with plenty of nuts, legumes, fruits and vegetables can lower your risk of dying from multiple causes, including cardiovascular disease. (One of the leading causes of death worldwide).

FIGHT DISEASE:

For adults ages 50-71, researchers have found overall nut consumption lowers your risk of dying from cancer and cardiovascular disease, in addition to respiratory, infectious renal and liver diseases.

SUPPORT YOUR MIND:

A study of 18 to 33-year-old college students found eating peanut and peanut butter was associated with improved memory, and decreases in anxiety, depression and stress.³

SMALL BITES MAKE A BIG DIFFERENCE

If you want a fresh start with a new, healthier routine, peanuts have your back with plenty of protein and nutrients to support you every day—whether it's staying fit, eating well, or promoting a more positive outlook.

For more info on the power of peanuts, including recipes and studies, be sure to follow us on Facebook, Instagram, Twitter, LinkedIn and Pinterest!

