If your routine has you reaching for sugary snacks and drinks to make it through the day, there’s a better way. Peanuts and peanut butter make the daily grind way smoother (and healthier) with just one daily serving — providing more energy and more focus, with less stress.

At 7g per serving, peanuts have the most protein of any nut. That’s in addition to 19 crucial vitamins and minerals our bodies need to feel our best — including several which are classified as “hard to get.”

In a study of college students (ages 18-33), peanut and peanut butter consumption was associated with:

- Improved memory
- Reduced stress
- Decreased anxiety and depression
Now that we know ‘why’ you should start incorporating peanuts into your daily diet, let’s look at ‘when’ you should eat them to provide the biggest benefits.

**The Problem:** “I FEEL EXHAUSTED IN THE MORNING.”

**The Plan:** Burn more calories at rest. 8 weeks of peanut consumption gave trial subjects an 11% increase in REE (resting energy expenditure).

**The Problem:** “I’M HANGRY AND RUN DOWN BY THE AFTERNOON.”

**The Plan:** Low glycemic index. Peanuts won’t spike your blood sugar the way sugary snacks might, preventing the feeling of “crashing” later.

**The Problem:** “I SNACK TOO MUCH BEFORE (AND AFTER) DINNER.”

**The Plan:** More satisfaction, fewer calories. 18% of calories from peanuts and peanut products are not absorbed by the body — so you can stay satisfied without feeling weighed down.