



PEANUTS: BRAIN SUPERFOOD

The research is clear: Peanuts are good for your body.
But did you know they can help your brain, too?

IMPROVE
SHORT-TERM
MEMORY

BOOST
ENERGY TO
PROMOTE
ALERTNESS
(healthy fats)

PROTECT
AGAINST
COGNITIVE
DECLINE
(niacin)

PROMOTE LEARNING
(polyphenols)

STRENGTHEN
COGNITION

INCREASE
BLOOD FLOW
TO THE BRAIN
(resveratrol)





BIOACTIVES

are a type of chemical found in some foods that deliver benefits beyond typical nutritional needs. The bioactive resveratrol, which is found in peanuts, is good for brain function and improves blood flow in the brain.



THE UNSATURATED FAT

in peanuts gives you energy. Energy helps you ward off fatigue and stay alert.



POLYPHENOLS

like the ones in peanuts penetrate the area of the brain involved in learning and memory. These polyphenols increase blood flow to the brain, which improves cognition and has the potential to enhance mood, which may also help to reduce depression.

Resources

1. Vauzour, D., Dietary polyphenols as modulators of brain functions: biological actions and molecular mechanisms underpinning their beneficial effects. *Oxidative medicine and cellular longevity*, 2012. 2012: p. 914273-914273.
2. Barbour, J.A., et al., Cerebrovascular and cognitive benefits of high-oleic peanut consumption in healthy overweight middle-aged adults. *Nutr Neurosci*, 2017. 20(10): p. 555-562.
3. Morris, M.C., et al., Dietary niacin and the risk of incident Alzheimer's disease and of cognitive decline. *J Neurol Neurosurg Psychiatry*, 2004. 75(8): p. 1093-9.
4. Arya, S.S., A.R. Salve, and S. Chauhan, Peanuts as functional food: a review. *Journal of food science and technology*, 2016. 53(1): p. 31-41.

