

RESEARCH SHOWS

PEANUTS



CAN HELP FIGHT DEPRESSION

Research studies indicate that peanuts & peanut butter can make important contributions in supporting your mental health.



IMPACT of PEANUTS

Peanuts & peanut butter as part of a healthy diet may help prevent depressive symptoms.

18%
↓ RISK

A 2016 study showed regular peanut/tree nut consumption was associated with 18% lower risk of depression.

A 2019 study focused on adolescent nutrition examined the findings of 56 previous studies and showed several healthy foods (including nuts and legumes) were associated with a lower risk of depression and may improve its symptoms.



Peanuts and peanut butter are a part of the MIND Diet which has shown to improve brain health & lower depression risk by 40%.

85

Percent of findings in 26 studies supported evidence that the Mediterranean diet (which includes nuts like peanuts) reduces the incidence of depression.

PEANUTS & PEANUT BUTTER



Contain Niacin, Vitamin E & Antioxidants which are all shown to help **BRAIN** health.

P-coumaric acid: a powerful antioxidant in peanuts, has been shown to target the neurotransmitter GABA to potentially decrease **ANXIETY** and **STRESS**.