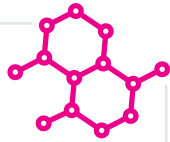
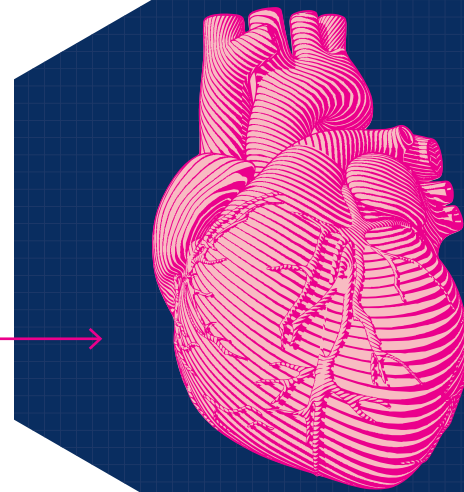


How Peanuts Help the Heart

It's no secret that peanuts have a lot to offer heart health, but what's this superfood's secret to making it happen? It turns out, we're still discovering all the benefits of enjoying every daily serving!




Linoleic Acid
is the main
omega-6 fat in
peanuts



The effects of omega-6 are in addition to the wealth of benefits science has previously discovered with **peanuts, peanut butter and peanut oil.**

A 2018 review² found regular nut consumption:



Reduces the risk of dying from heart disease



Helps keep blood vessels healthy



Reduces high blood pressure and high cholesterol

Reduces risk of coronary heart disease by

15%

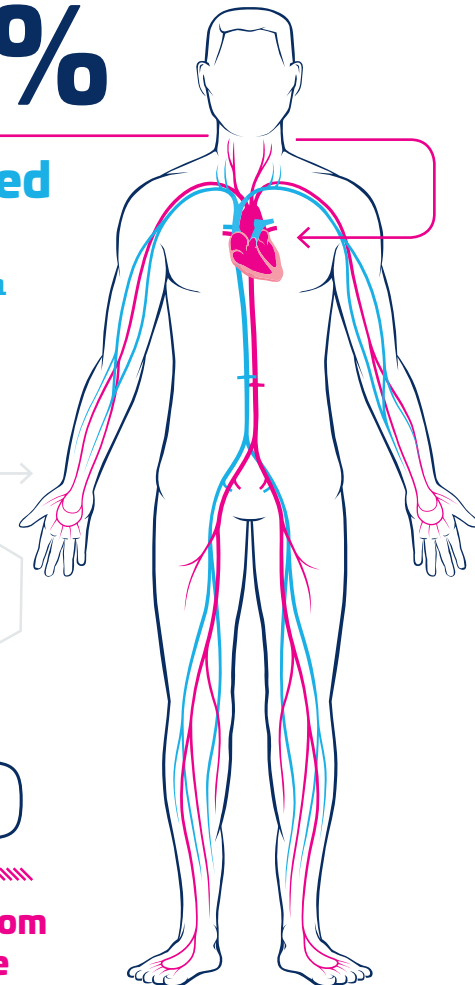
Associated with regular peanut consumption in a 2017 study, examining 200,000 participants.

THE POWER OF **OMEGA-6** IN PEANUTS

Peanuts contain healthy fats including monounsaturated fats and essential fats like omega-6. Linoleic acid is the main omega-6 fat in peanuts. The American Heart Association's journal recently published a study which showed having high levels of linoleic acid in the body was associated with some pretty impressive numbers:

12%

Reduced risk of stroke¹



22%

Reduced risk of dying from a cardiovascular disease

Peanuts Help Prevent Heart Disease

Just one single serving of peanuts (approx. 35) or peanut butter (2 Tbsp.) packs a serious nutritional punch!



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Vitamins and Minerals

Many of which fight heart disease. *Vitamin E, folic acid, niacin, magnesium, vitamin B6, zinc, copper and potassium*

Fiber

that can contribute to further lowering levels of LDL cholesterol, and reducing risk of heart disease.

Show Your  Some Love with Peanuts

“Research continues to accumulate around the health benefits of peanuts. Since peanuts are nutrient-dense and deliver health advantages in a small serving, they can be considered a superfood.”

Dr. Vasanti Malik,
Harvard University



Healthy Fats

that help decrease “bad” LDL cholesterol and increase “good” HDL cholesterol

Bioactives

shown to reduce cardiovascular disease and cancer risk, lower cholesterol and inflammation and improve blood flow.

Keep Your Arteries Healthy and Flexin’

With up to 100,000 miles of arteries carrying oxygen and nutrients throughout your body, it’s important to keep them flexible and working properly. If not, they can become stiff, which can increase risk for heart attack and stroke.

Peanut consumption has been shown to maintain proper blood vessel function.⁴

To learn more about some of the amazing ways peanuts, peanut butter and more can benefit your health, be sure to follow us on **Facebook, Twitter (@ThePeanutInst), and Instagram (@peanutinstitute).**

SOURCE: THE PEANUT INSTITUTE (PEANUT-INSTITUTE.COM)

SOURCES:

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