

# Peanuts

## Swap Fast Food for Good Food Fast!

When we rely on fast food, our bodies miss out on a lot of the vitamins and nutrients that we need to feel our best. That's because much of it is overly processed, and relies on sugar, salt, and saturated fat that may taste good in the moment, but end up leaving us feeling worse — and may even increase our risk for certain cancers.<sup>1</sup>

But if you're looking for healthy food alternatives, here's the good news: with peanuts and peanut butter, you can stay on-the-go and not have to go without proper nutrition.



Peanuts aren't just one of the healthiest and most popular nuts, they're also one of the most affordable! That means they can help support a healthy waistline, and a healthier bottom line.

## America's #1 NUT with Billions Served

There's a reason peanuts are one of the world's favorite nuts, accounting for a whopping 67% of all nut consumption in the United States alone. In fact, there are too many reasons to fit in just one shell!

### Peanuts can ↘

- Provide more protein per serving than any other nut, keeping you feeling fuller, longer.
- Reduce Alzheimer's disease risk by 70%,<sup>2</sup> thanks in part to their excellent niacin content.
- Reduce diabetes risk by 53%.<sup>3</sup>
- Reduce cardiovascular disease risk by 13%.<sup>4</sup>
- Aid memory, cognitive function, concentration<sup>5</sup> and can even help reduce your risk of anxiety and depression.<sup>6</sup>

# Supersized Benefits

Plant-based protein like peanuts is healthier than the typical animal protein found in fast food. Here are just a few of the ways making the swap can improve your long-term health and wellness.



- ★ **Plant-based protein helps you live longer:** Research comparing nuts and legumes to animal protein showed higher meat intake is associated with increased mortality risk.<sup>7</sup>
- ★ **Swapping proteins protects against diabetes:** Replacing plant-based protein for animal-based protein can lower your likelihood of developing diabetes substantially.<sup>8</sup>
- ★ **Plant-based protein makes YOU faster:** In older adults, faster walking speed was associated with a higher intake of plant protein, while slower walking speed was associated with greater animal protein intake.<sup>9</sup> So much for fast food!
- ★ **Plant-based protein is more sustainable:** Peanuts produce fewer greenhouse gas emissions than protein sources like eggs and cheese<sup>10</sup>, they add nitrogen to the soil they're planted in<sup>11</sup>, AND they use less water to grow than other nuts.<sup>12</sup>

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## A Bite for the Road

It's time for fast food to make a quick retreat—because peanuts and peanut butter can provide delicious meals that are more nutritious, more affordable, and just as fast and convenient. So if you're looking for a go-to snack that's great on the go, look no further than peanuts and peanut butter! Because they aren't fast food—they're good food fast!

