

Peanuts: The Superfood That Fights Cancer



CANCER AFFECTS MILLIONS OF LIVES EVERY YEAR AND PEANUTS CAN DELIVER A PUNCH.

Multiple studies have found associations between nut consumption and reduced risk of cancer mortality.¹ In fact, it's been shown that peanuts specifically have many nutrients with cancer-preventive qualities, including unsaturated fats, certain vitamins and minerals, and bioactives.²



Breast Cancer

A 2015 study found high consumption of peanuts and tree nuts was associated with a **2-3x reduced risk of breast cancer**³



Esophageal Cancer

Eating peanuts 1-3x per week **reduced esophageal cancer risk by 38%**, while eating them 4 or more times per week **lowered risk by 70%**⁴



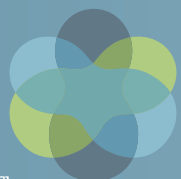
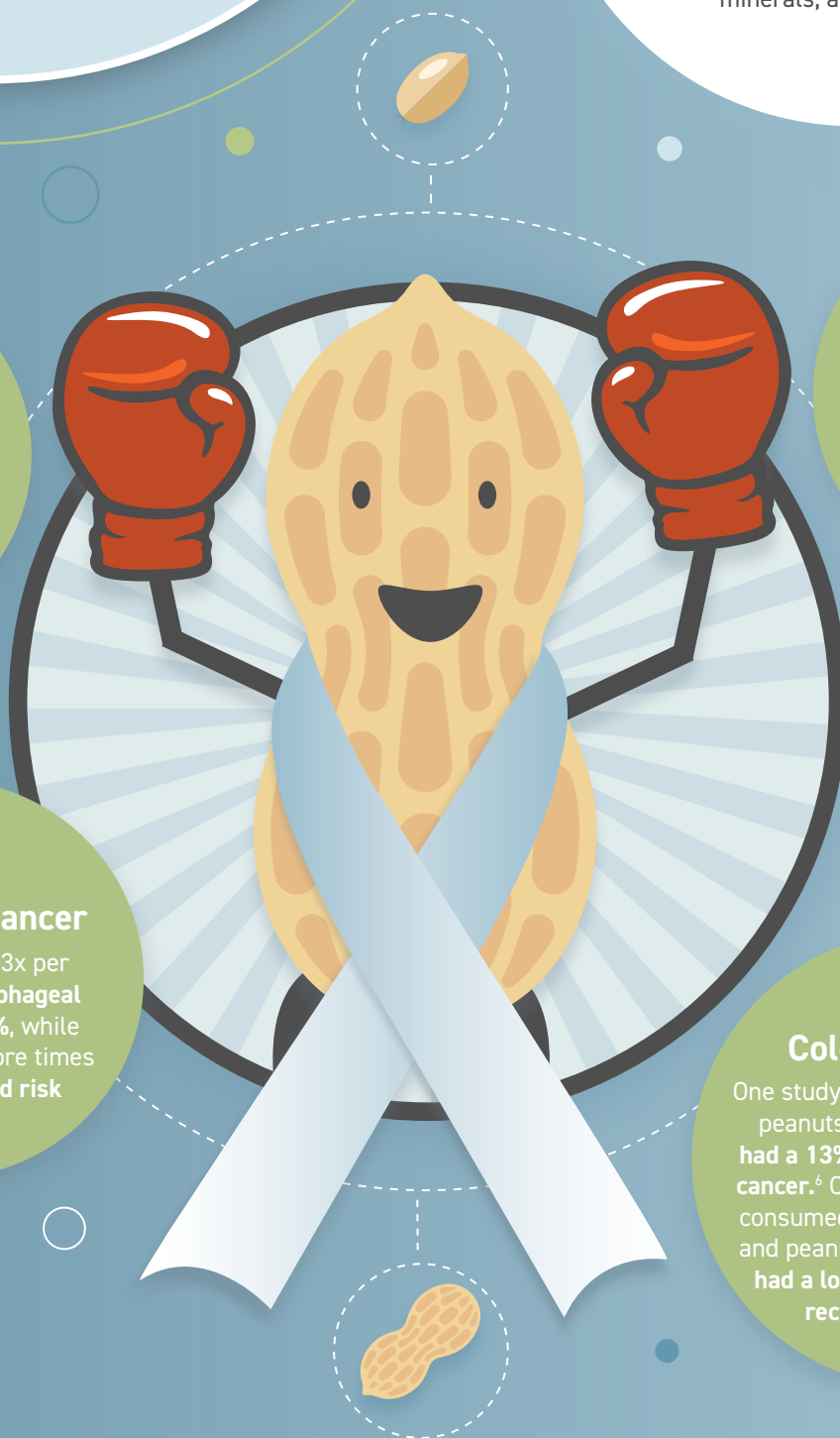
Pancreatic Cancer

A 20 year study found consuming just 5g (1 tsp.) or more of peanut butter daily was associated with **significantly reducing the risk of pancreatic cancer in men**⁵



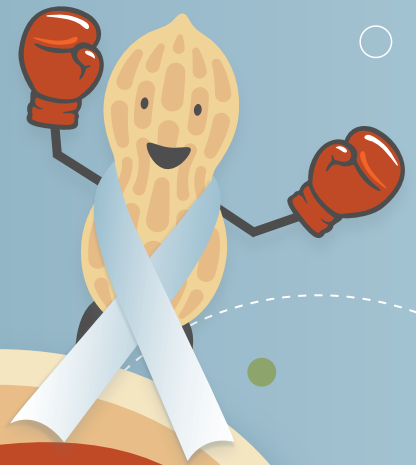
Colorectal Cancer

One study reported women who ate peanuts & tree nuts **+2X/week had a 13% lower risk of colorectal cancer**.⁶ Colon cancer patients who consumed nuts (including peanuts and peanut butter) **+2X/week also had a lower incidence of cancer recurrence and death**⁷



NUTRIENTS WORKING TOGETHER LIKE TWO PEANUTS IN A POD

A review of studies noted that several components found in peanuts work in a synergistic way to block cancer cell development.¹ Two compounds with anti-cancer properties are phytosterols and resveratrol.



Phytosterols

Known to reduce bad cholesterol, there's evidence phytosterols may also inhibit lung, stomach, ovarian, prostate, colon and breast cancer by preventing cancer cells from growing, as well as cutting off blood flow to cancer. Studies have found they reduce prostate tumor growth by over 40%⁸, and decrease the chances of cancer spreading by almost 50%.⁹

Resveratrol

This antioxidant has been shown to cut off blood supply to growing cancers and inhibit cancer cell growth.¹⁰ Found in both raw and roasted peanuts, as well as peanut butter, resveratrol has exhibited evidence for cancer protection, as well as promise in treating Alzheimer's and diabetes.¹¹

Unlike other superfoods, it only takes a small serving a day to get huge benefits:



2 Tbsp.
Peanut Butter



1 oz.
Peanuts



2 Tbsp.
Peanut Powder



Peanuts are the affordable superfood that fights cancer and can help you enjoy a long, healthy life!

Sources:

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