

# GOOD FOR EVERY BODY



## A DIETARY DEFENSE AGAINST CANCER AND HEART DISEASE

Peanuts and peanut butter aren't just good for everyone—they're good for every body! Offering an affordable, sustainable source of vitamins and minerals, peanuts help protect against two of the world's leading causes of mortality: heart disease and cancer.



## A (SUPER)FOOD THAT FIGHTS HEART DISEASE

A number of factors can raise your risk for heart disease, including high blood pressure, high cholesterol, obesity, and diabetes. But the good news? Peanuts can reduce your chance of developing them.

### SUPPORTING HEALTHY BLOOD PRESSURE.

Peanuts are a good source of monounsaturated fats, which have been linked to lowering blood pressure levels.<sup>1</sup> And, a recent study from Australia found consuming lightly salted peanuts 2x/day before meals led to weight loss, lowered blood pressure and improved fasting glucose levels.<sup>2</sup>

### CONTROLLING CHOLESTEROL

High LDL (or 'bad') cholesterol can lead to plaque build-up in the arteries. Peanuts are naturally cholesterol free, and have mono- and polyunsaturated fats that helps raise levels of HDL (aka 'good') cholesterol.<sup>3</sup>

### MANAGING WEIGHT

Swapping unhealthy snacks for peanuts or peanut butter can support decreases in body mass index (BMI) and improve overall health.<sup>4</sup>

### PREVENTING DIABETES

Eating low GI foods (like peanuts and peanut butter) can significantly reduce the risk of type 2 diabetes, while also keeping you fuller, longer.



# NOURISHING THE FIGHT AGAINST CANCER

Consuming nuts like peanuts has shown a significant association with a reduced risk for cancer and mortality:

- A 10g daily increase in nut consumption has been related to a **20% reduction** in overall cancer mortality.<sup>5</sup>
- Peanut/tree nut intake is associated with **84% lower odds of breast cancer** when comparing participants who consumed the most to those who consumed the least.<sup>6</sup>
- A 2008 study saw participants who consumed the most nuts had a **40% reduced risk of esophageal cancer** compared to those who consumed none.<sup>7</sup>

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## PEANUTS FIGHT CANCER WITH NATURE.

The compounds found in peanuts work together synergistically to help stop cancer cells from developing.<sup>8</sup> Two of these compounds are **phytosterols** and **resveratrol**.



## PHYTOSTEROLS

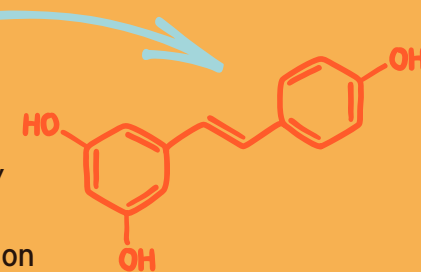
Phytosterols are naturally-occurring compounds that can protect against a number of cancer types.

- Research suggests phytosterols may help to inhibit the spread of lung, stomach, ovarian, prostate, colon and breast cancers.
- In one study, phytosterols reduced prostate tumor growth by over 40%, and decreased risk of cancer spreading by almost 50%.<sup>9,10</sup>

## RESVERATROL

This phytochemical has demonstrated anti-cancer activity against colorectal, brain, prostate cancer and more.

Resveratrol has been used with radiation and chemotherapy treatments to increase their effectiveness and potentially reduce side effects.<sup>11,12</sup>



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