

19 NUTRIENTS IN PEANUTS



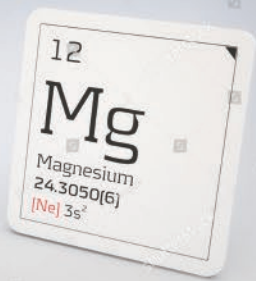
Nothing beats a peanut butter sandwich for sheer comfort-food appeal. But what many people don't realize is that peanuts are as nutritious as they are delicious. These compact bundles of goodness contain many vitamins and minerals along with protein, fiber, and healthy fats.¹

1 Close-Up: Magnesium

The U.S. Department of Agriculture considers magnesium an "underconsumed nutrient."² Fortunately, peanuts are a good source of this essential mineral,^{2,3} which helps:

- Regulate blood pressure and blood sugar levels
- Maintain muscle and nerve function
- Keep bones strong—magnesium plays a vital role in the prevention of osteoporosis^{4,5}

In one study, people with type 2 diabetes who included peanuts in their meal plans consumed more magnesium, niacin, vitamin E, and healthy fats than those who didn't eat peanuts.⁶



Additional Minerals in Peanuts

2 Copper:

This mineral helps transport iron and prevent anemia.⁷ Peanuts are a good source of copper.^{2,3}

3 Iron:

This mineral plays a role in transporting oxygen and making some hormones and connective tissue.⁸ Women of childbearing age often don't get enough iron and peanuts are a source of iron.²

4 Manganese:

Peanuts are an excellent source of manganese. A single serving of peanuts provides about one-fourth of an adult's daily need for this mineral.^{2,3} It's required for the activity of many enzymes.⁹

5 Phosphorus:

This mineral is crucial for the formation of bones and teeth.^{10,11} Approximately 85 percent of your body's phosphorus is in bones and teeth. Peanuts are a good source of phosphorus.^{2,3}

6 Potassium:

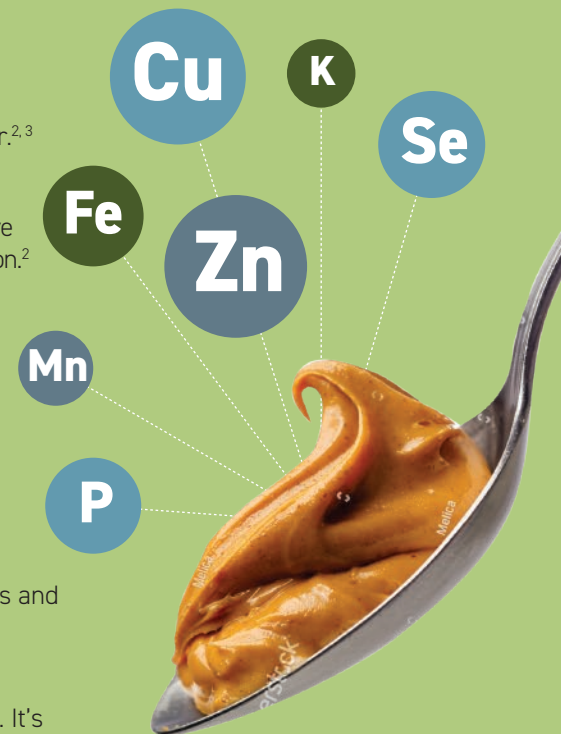
Among its many jobs, this mineral helps control blood pressure and regulate body fluids and mineral balance.¹² Most Americans don't get enough potassium.²

7 Selenium:

This mineral is an antioxidant that helps protect the body from damage by free radicals. It's also important for thyroid gland function and DNA production.¹³

8 Zinc:

Peanuts are a good source of zinc. This mineral helps the immune system fend off infection. It also supports wound healing and DNA production. Plus, it's important for the senses of taste and smell.¹⁴



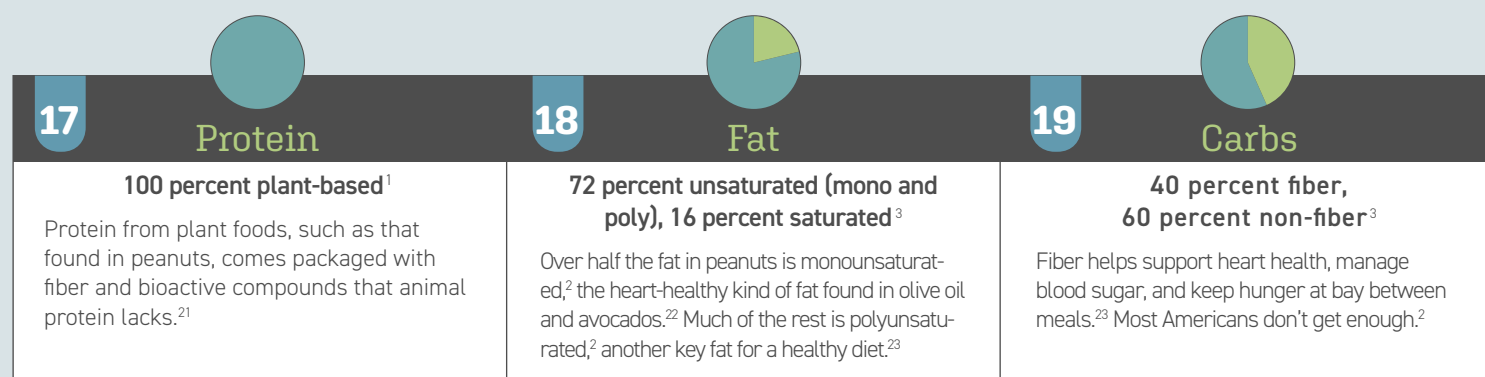
Vitamins in Peanuts

	What It Does	What Else You Should Know
9 Choline	<ul style="list-style-type: none"> Helps cells make membranes and a neurotransmitter Supports the removal of fat from the liver¹⁵ 	<ul style="list-style-type: none"> Most Americans don't get enough²
10 Folate	<ul style="list-style-type: none"> Helps make genetic material Supports cell division For childbearing women, helps prevent low birth weight and neural tube birth defects in their babies¹⁶ 	<ul style="list-style-type: none"> Peanuts are a good source^{2,3} Part of the vitamin B complex*¹⁵
11 Niacin	<ul style="list-style-type: none"> Supports the health of the digestive tract, nerves, and skin Helps some enzymes work properly¹⁵ Helps with management of atherosclerosis (prevention and reversal) 	<ul style="list-style-type: none"> Peanuts are an excellent source^{2,3} Part of the vitamin B complex*¹⁵
12 Pantothenic Acid	<ul style="list-style-type: none"> Helps protect cells against damage by compounds called peroxides¹⁵ 	<ul style="list-style-type: none"> Part of the vitamin B complex*¹⁵
13 Riboflavin	<ul style="list-style-type: none"> Supports the health of skin, hair, and nails Helps some enzymes work properly¹⁵ 	<ul style="list-style-type: none"> Most Americans don't get enough²
14 Thiamin	<ul style="list-style-type: none"> Supports cell growth and function¹⁷ Plays a role in metabolism Helps keep the heart and nerves healthy¹⁵ 	<ul style="list-style-type: none"> Peanuts are a source^{2,3} Part of the vitamin B complex*¹⁵
15 Vitamin B6	<ul style="list-style-type: none"> Helps fight infections Supports healthy skin and nerves¹⁵ Is used in more than 100 enzyme reactions¹⁸ 	<ul style="list-style-type: none"> Part of the vitamin B complex*¹⁵
16 Vitamin E	<ul style="list-style-type: none"> Serves as an antioxidant Boosts the immune system Helps prevent blood clots from forming¹⁵ 	<ul style="list-style-type: none"> Most Americans don't get enough² Peanuts are a good source^{2,3}

* The vitamin B complex is a group of nutrients that the body requires in small amounts for metabolism and healthy functioning.¹⁹ These nutrients are water soluble, so any extra is flushed out with the urine.²⁰ They need to be replenished daily.¹⁴

Taking the Macro View

Macronutrients are the components of food that provide energy.² Peanuts provide desirable forms of three macronutrients: protein, carbohydrate, and fat.^{1,2}



Source: USDA National Nutrient Database for Standard Reference, based on dry-roasted peanuts

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