

Love Your Heart

Eat Peanuts!



Several studies have shown that consuming peanuts, peanut butter, or mixed nuts 5 times per week can reduce the risk of heart disease, and even the risk of death.¹⁻³ Improving heart health has never been so easy- or tasty!

Peanuts are a Good Source of Plant Protein

- With over 7 grams of protein per ounce, peanuts have more protein than any other nut.⁴
- Research from Harvard School of Public Health shows that substituting a serving of red or processed meat with a serving of vegetable protein, such as peanuts or peanut butter, once per day, can reduce type 2 diabetes risk by 7-21%.⁵
- Peanuts contain arginine, an amino acid used by the body to make nitric oxide. Nitric oxide is a vasodilator that supports blood vessel function.⁶



Peanuts Contain Heart-Healthy Fats and Fiber

- Peanuts are a Good Source ($\geq 10\%$ DV) of fiber.
- Peanuts contain healthy monounsaturated and polyunsaturated fats.
- A 1999 study reported that diets high in monounsaturated fats, one of the fats in peanuts, peanut oil, and peanut butter, can help lower “bad” LDL cholesterol and triglycerides compared to the average American diet.⁷

Peanuts Contain Essential Nutrients

- With 19 vitamins and minerals, peanuts contain an abundance of essential nutrients.⁸⁻¹⁰
- Peanuts are an Excellent Source ($\geq 20\%$ DV) of manganese, and a Good Source ($\geq 10\%$ DV) of vitamin E, magnesium, niacin and copper.
- Peanuts contain numerous phytochemicals, such as resveratrol and phytosterols.¹¹

For more information, visit peanut-institute.org or peanutpower.org



Peanuts are among the list of foods certified by the American Heart Association®’s Heart-Check® program. The American Heart Association® recommends a heart healthy dietary pattern that includes a variety of nuts, fruits, vegetables, whole grains, and other healthy foods.



Peanuts have a Food & Drug Administration (FDA) Qualified Health Claim that states: “Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

** Please note that the Heart-Check Food Certification does not apply to scientific research by other organizations unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at: heartcheck.org/guidelines.*

4 Heart-Healthy Food Swaps



Breakfast

Instead of: Sugar-sweetened instant oats

Make it creamy



Add a spoonful of peanut butter and a dusting of unsweetened cocoa powder for protein-packed oatmeal that's loaded with flavor.

Lunch

Instead of: Store-bought salad dressing

Dress simply

For a dose of heart-healthy fats, top your salad with a dressing made of peanut oil and balsamic vinaigrette. Toss with your favorite herbs and spices for added flair.



Dinner

Instead of: Chicken and veggie stir-fry

Add some crunch



Add healthy fats and plant protein to your meal by tossing peanuts into your next vegetable stir-fry.

Dessert

Instead of: High-sugar ice cream

Lose the guilt

Blend 3 frozen bananas and 3 Tbsp peanut powder in a food processor for a healthier version of "ice cream" - without the added sugar.



References:

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