

PEANUTS: GOOD FOR YOU, GOOD FOR THE PLANET



Peanuts have more protein than any other nut¹³ and an abundance of heart-healthy nutrients that can keep you energized throughout the day. But did you also know they are good for the planet? These tiny legumes require less water to grow¹, help the soil retain key nutrients², and deliver more consumable energy per acre than meat-based proteins³.

That means every time you eat peanuts, peanut butter, or peanut oil, you are helping create a more sustainable world for everyone.

Peanuts: The Earth's Favorite Food

By 2050, experts predict there will be 9.7 billion people in the world⁴, and they will all need to be fed. That's creating a global food security risk that is heightened by water shortages across the globe⁵.

One way to reduce this risk is to shift our reliance from resource-intensive animal-based proteins to more sustainable plant-based proteins that require less energy and less land mass to produce—like peanuts³. Here some of the environmental benefits of peanuts:



Peanuts are a great source of sustainably grown protein.

Beans, peas, and legumes—like peanuts—require 20 times less land to produce than beef, and generate 20 times less greenhouse gas emissions³.



Peanut crops improve the soil.

While some crops, such as cotton and corn, deplete the soil of nitrogen—a key nutrient for growth—peanuts actually add it back. In fact, growing peanuts is so beneficial that many farmers rotate their cotton and corn crops with peanuts to replenish the soil. This also means they can use less fertilizer, which reduces their costs and lowers their greenhouse gas emissions^{2,14}.



No part of the peanut goes unused.

Scientists and farmers have found uses for peanut hulls, vines, skins, and oil to benefit animals, the soil, and humans¹⁴.



Peanuts are drought-friendly.

Peanuts require less freshwater for crop production than any other nut, which is critical in the face of global water shortages¹. Agriculture accounts for roughly 70 percent of total freshwater use⁷. But because of peanuts' compact plant structure and underground fruiting, they require less water when farmed. In fact, because most peanuts in the United States are grown in the country's southeast region, where rain is plentiful, growing the plants requires little to no irrigation^{14,15}.



Water Use per Nut

- Shelled peanuts: 4.7 gallons per ounce
- Shelled walnuts: 73.5 gallons per ounce
- Pistachios: 18.8 gallons per ounce
- Shelled almonds: 80.4 gallons per ounce¹

By the Numbers: You Don't Need to Be a Vegetarian to Make an Impact

Studies show that reducing your animal-based protein consumption by even a little can have a big impact on the environment.



One-half:

If you cut your consumption of all animal protein in half—including dairy and eggs—and replace it with plant-based foods like peanuts, you can reduce the land impact and agricultural greenhouse gas emissions of your diet by nearly one-half.



One-third:

If you replace 70 percent of just your beef consumption with nuts, legumes, or other meats, you will reduce your land impact and greenhouse gas emissions by one-third.



Fifteen percent:

If you replace just one-third of the beef you normally consume with other meats and legumes, including peanuts, it will reduce your land use and greenhouse gas emissions by 15 percent³.

Sustainable and Affordable

There are few foods in the world that are as affordable, environmentally friendly, and good for you as peanuts. So the next time you are shopping for snacks, remember: These tiny superfoods are better for your heart, for the planet, and for your wallet than almost any other snack at the market.

Product	Price
Planters Peanuts	\$0.18 per ounce
Honey Maid Graham Crackers:	\$0.21 per ounce
Ocean Spray Craisins®:	\$0.23 per ounce
Nacho Cheese Doritos®:	\$0.24 per ounce
Lay's® Barbecue Potato Chips	\$0.27 per ounce
Blue Diamond® Almonds	\$0.47 per ounce
Emerald® Cashews	\$0.54 per ounce
Fisher® Pecans:	\$0.83 per ounce
Sargento® String Cheese:	\$1.19 per ounce

Source: March, 2018 review of the average price of snack foods at Walmart.com and Amazon.com



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