

# Healthy Hints

From The Perfectly Powerful Peanut



[nationalpeanutboard.org](http://nationalpeanutboard.org)

## Peanuts for a Smart Heart

Your heart powers everything that you do so it's important to keep it healthy by making heart-healthy food choices. Heart disease remains the number one cause of death in the world, including an estimated 600,000 deaths in the United States each year.<sup>1</sup>

To keep your heart healthy, you need a nutritious diet, plenty of physical activity, and a low-stress and smoke-free lifestyle. According to the American Heart Association, "to get the nutrients you need, eat a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts, while limiting red meat and sugary foods and beverages."<sup>2</sup> Eating a variety of fruits and vegetables may help you control your weight and your blood pressure. Managing your blood pressure can also help reduce your risk of heart disease<sup>3</sup>. Normal blood pressure is less than 120/80.

## Peanuts Are Heart-Healthy

People often assume that all fat should be avoided when trying to eat healthy, lose weight, and keep their heart in good shape, but that's not true. Both peanuts and peanut butter provide protein and polyunsaturated and monounsaturated fats, which are mostly good fats.<sup>4</sup> According to the Food and Drug Administration, peanuts have a qualified heart health claim stating: "Scientific evidence suggests, but does not prove that eating 1.5 ounces per day of peanuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease"<sup>5</sup> Whether eaten straight from your hand or straight out of the jar, peanuts and peanut butter provide nutrition, plus they're delicious so you won't be skimping on taste.



# New and Easy Ways to Enjoy More Peanuts

It's easy to add peanuts or peanut butter to your daily meals and snacks. Choose a nutritious peanut granola bar or snack mix, or make your own homemade peanut crunch bars or peanut snack mix. Keep an eye on portion size by measuring snacks into single-serving bags. Here are five simple ways to add crunchy or creamy peanuts to your day:

1. Make a peanut butter chocolate dip and serve with fresh fruit and veggies.
2. Sprinkle peanuts over a salad.
3. Dip veggies or whole grain toast in hummus made with boiled peanuts.
4. Spread peanut butter on slices of bananas and roll in chopped peanuts.
5. Add peanuts or peanut butter to low-fat yogurt.



Simple, delicious, and nutritious, peanuts and peanut butter are a versatile part of a healthy diet. For these and additional recipes and resources on how and why to enjoy peanuts, visit [nationalpeanutboard.org](http://nationalpeanutboard.org).



## References

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