

Healthy Hints

From The Perfectly Powerful Peanut



nationalpeanutboard.org

Quick Tips for a Heart-Healthy Life

Your heart is one of your most important assets. A healthy lifestyle can help to keep your heart in good shape and promote a long, healthy life.

Don't Be a Statistic

Heart disease is the number one cause of death in the United States.¹ Every day, over 2,200 Americans die from cardiovascular disease, and one out of every three deaths is related to heart disease.¹ Many health conditions can lead to heart disease, including high blood pressure, high cholesterol, and obesity.

Peanuts Make the Heart Smile

Peanuts are a flavorful, nutritious food that can be included in a heart-smart diet. In fact, scientific evidence suggests, but does not prove, that eating 1.5 ounces of

peanuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

Despite its humble size, the power-packed peanut has monounsaturated fats, fiber, protein, vitamin E, and magnesium—all of which have benefits for the heart. Research has shown that including peanuts as part of a well-balanced diet could help reduce the risk of heart disease.²



Take Action!

Here are a few quick tips to support a heart-healthy lifestyle:

- Make half of your plate fruits and vegetables.
- Choose plant-based protein foods more often, such as peanuts or peanut butter.
- Limit your salt intake
Diets high in sodium can contribute to heart conditions such as high blood pressure. Replace salt with fresh herbs when cooking, and choose lower-sodium packaged foods.
- Drink more water
Drinks sweetened with sugar, such as sodas, sports drinks, and fruit juices, contain a lot of calories from sugar. Drinking sweet drinks in excess could lead to weight gain, which can add stress to the heart.



- Be active
The American Heart Association recommends 30 minutes of moderate exercise five days per week.
Go for a walk, run, or bike ride today.³
Quit smoking, and avoid secondhand smoke.

Let's Eat More Peanuts

Here are a few delicious recipes with peanuts that will make your mouth water and your heart happy.

Chinese Chicken Salad with Peanut Butter Dressing

When most people think of eating "healthy," boring salads come to mind. Try this one for flavors and textures that will entertain your taste buds. nationalpeanutboard.org

Peanut BBQ Marinade

Adding peanut flour to this chicken marinade creates a fun and yummy twist on an American favorite. nationalpeanutboard.org

Slender Blondie Brownies

Desserts can be enjoyed in moderation with a heart-healthy diet. Try this treat made with peanuts, chocolate, and whole wheat flour. nationalpeanutboard.org

For these and more great recipes, check out nationalpeanutboard.org.



References

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3. American Heart Association Recommendations for Physical Activity in Adults. Retrieved November 12, 2014, from http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp