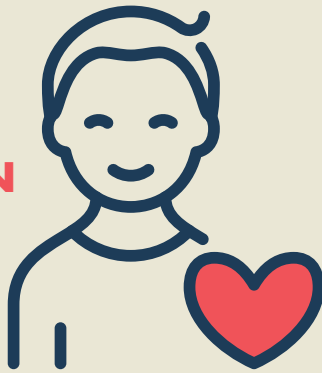


# HOW PEANUTS POWER HEART HEALTH



## WHAT WE EAT HAS A DIRECT CONNECTION WITH HOW WE FEEL.



Our food can help protect our bodies against certain diseases and health conditions. *When it comes to our hearts, peanuts in particular can provide some big-time benefits* — which is why they're included in FDA's qualified Health Claim for nuts.

## PEANUTS AND PEANUT BUTTER PACK A LOT OF NUTRITION.

A single serving of peanuts (about a handful) is around 170 calories and contains:



**19 VITAMINS**  
and minerals, many of which  
help fight heart disease



**FIBER**  
that supports a healthy heart and  
can lower heart disease risk



**BIOACTIVES**  
shown to reduce inflammation, lower  
risk for heart disease and certain  
cancers, and improve blood flow<sup>1-4</sup>



**HEALTHY FATS,**  
like those found in olive oil  
and avocados, that help keep  
cholesterol in check



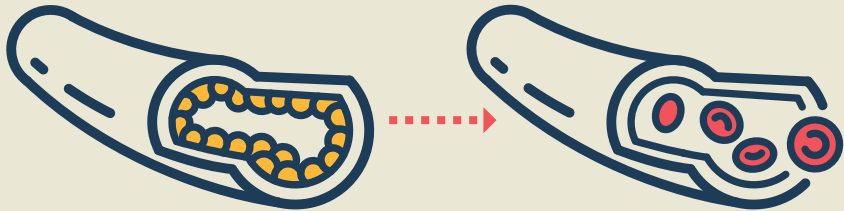
## NUTRIENTS THAT SUPPORT HEALTHY BLOOD PRESSURE.

High blood pressure is a major risk factor for heart disease, but many of the essential nutrients in peanuts — including manganese, niacin, copper, magnesium and potassium — can help lower that risk.

# HEALTHY FATS THAT HELP MANAGE YOUR CHOLESTEROL

High levels of LDL, or “bad,” cholesterol in your blood can lead to atherosclerosis—a condition where fatty deposits have built up inside your arteries, preventing blood flow. If the arteries in our around your heart become clogged by these deposits, it can result in heart disease.

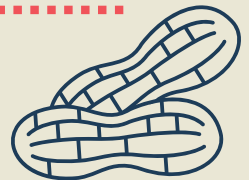
Peanuts are a rich source of a heart-healthy type of fat that lowers LDL levels, and have shown to **reduce heart disease risk by 15%**.<sup>5</sup> They also contain healthy oils, plant-based protein and fiber that can help further reduce unhealthy cholesterol.



## ‘VESSELS’ TO BETTER HEART HEALTH.

Our bodies have 100,000 miles of arteries that carry oxygen throughout the body, but when they become ‘stiff’ due to poor nutrition or lack of exercise, it raises our risk for things like a heart attack or stroke. Eating peanuts regularly can help prevent that stiffness and lower those risks.<sup>6</sup>

## PEANUTS HELP FIGHT INFLAMMATION



Inflammation also plays a big role in developing atherosclerosis, and peanuts are packed with nutrients to help you fight it — including magnesium, vitamin E, arginine, phenolic compounds and fiber. Studies have also found that substituting nuts for red meat, processed meat, eggs or refined grains (like white flour or white bread) can lead to lower levels of markers for inflammation in the body.<sup>7</sup>

SHOW YOUR  SOME LOVE WITH PEANUTS.

It’s important to consume nutrient-rich foods like peanuts and peanut butter every day to get the most benefit. To learn more about some of the other amazing ways peanuts can support your health, be sure to follow us on Facebook, Twitter (@ThePeanutInst), and Instagram (@peanutinstitute).

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