

The Peanut Trifecta: **NUTRITION & TASTE AT A LOWER PRICE.**

**Want to eat cheap without
skimping on nutrition?
Peanuts might be your best bet.**

Peanuts and peanut butter provide a true trifecta that covers everything you'd want in the superlative of superfoods – including varied nutrition, tasty versatility, and an affordable price.



A Real Nutritional Value

Satisfying Protein: 7g of plant-based protein and a variety of unique bioactives in every serving.

Heart-healthy fat: 80% of the fats in peanuts support heart health.

Dietary fiber: Over 1/3rd of the carbs in peanuts are fiber. 90% of Americans don't meet the daily recommendations for fiber.²

Vitamins and Minerals: Nutrients in peanuts benefit healthy development, metabolic function and immunity.

By getting the diverse assortment of nutrition your body needs, you're helping to support your overall health.

Defense Against Disease:

CVD Risk: Eating 28g/day of nuts was associated with a 21% lower risk of diseases like heart disease and stroke.³

Reduced Inflammation: Peanuts contain anti-inflammatory components like antioxidants, dietary fiber, arginine and magnesium.

Healthier Hearts: Heart healthy fats, potassium and magnesium in peanuts can help control blood pressure.

Cancer Protection: A 2020 meta-analysis found nut consumption was associated with a lower risk for pancreatic and colon cancer.⁴



Versatility and Taste

Peanuts can be found in recipes around the world! Including places like Nigeria, India and China, which are some of the top peanut producers on earth. In 2022, the USDA reported 7.7lbs. of peanut consumed per capita in the US. That's over 3x the number of almonds (2.75lbs.)!

So What's the Decision?

The fastest way to find out if peanuts are the world's best food? Trying them for yourself! Because whether you're looking for exceptional affordability, long-term nutritional benefits, or incredible versatility, peanuts are a whole food that's the total package.

Affordable and Available

Nuts are more cost stable than most animal proteins.

- From 2021-2022, meat, poultry, fish and eggs saw an 11.9% price increase,¹ while the price of nuts remained relatively stable.

On the Costco website, we compared the costs of three different 5lb. bags of nuts:

- **Peanuts** (In-shell, roasted and salted): \$8.99 (1.76/lb.)
- **Almonds** (Shelled): \$17.99 (\$3.60/lb.)
- **Walnut** (Pieces): \$15.99 (3.20/lb.)

The added cents per pound really add up fast. Especially considering the long-term savings you can experience by staying healthy.



SOURCES:

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3. Balakrishna R, Bjørnerud T, Bemanlan M, Aune D, Fadnes LT. Consumption of Nuts and Seeds and Health Outcomes Including Cardiovascular Disease, Diabetes and Metabolic Disease, Cancer, and Mortality: An Umbrella Review. *Adv Nutr.* 2022 Dec 22;13(6):2136-2148. doi: 10.1093/advances/nmac077. PMID: 36041171; PMCID: PMC9776667.
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