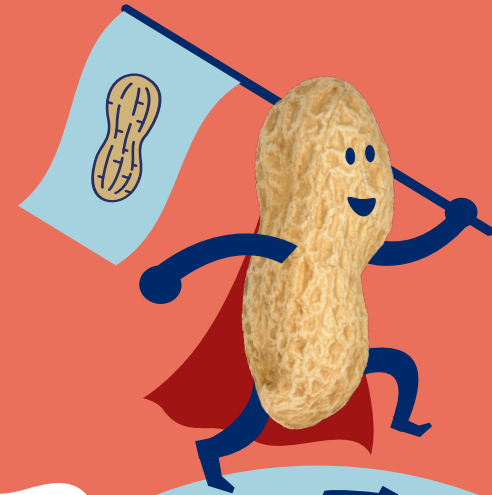


AROUND THE WORLD WITH PEANUTS



From Africa and the Mediterranean to India and the Far East, peanuts and peanut butter have been a celebrated part of diets from around the world—including some that are helping people live longer than anywhere else!



Spicy
Peanut
Raman



Peanut Tacos
with Poblano
Cream Sauce &
Pickled Onions



Flatbread Pizza
with Peanut
"Sausage"
Crumbles



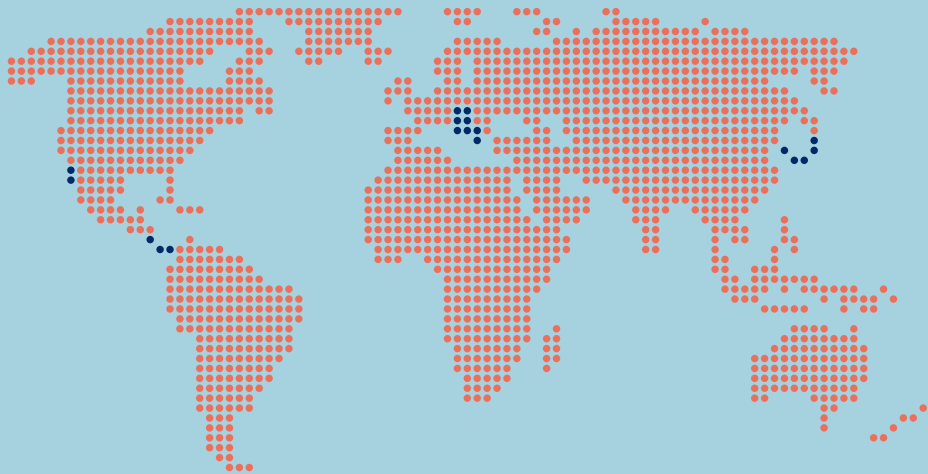
Scan to see these
recipes and more!

ENTER THE BLUE ZONES

Blue zones are regions of the world where life expectancies are higher than average, with a high quality of life.

They were first studied by researchers who identified different areas as having the highest concentration of male centenarians.

One of their discoveries was that residents of these “blue zones” shared a common trait: a mostly whole food and plant-based diet, with beans and legumes (like peanuts) providing much of their protein.



THE WORLDWIDE APPEAL OF PEANUTS

Whether you want to live longer, or live better, peanuts and peanut butter are an internationally-known recipe for success—combining the powers of disease prevention and nutritional support into one flexible, affordable package. And who doesn't love that?



Visit peanut-institute.com for a complete list of sources.

For more info on the power of peanuts, including recipes and studies, be sure to follow us on Facebook, Instagram, Twitter, LinkedIn and Pinterest!

