

Peanuts: Better Health on a Budget

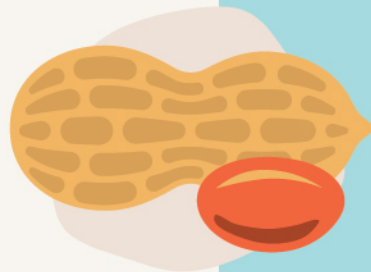
Whether you're looking to tighten your spending, trim your waistline or eat more sustainably, peanuts and peanut butter make it all deliciously easy!



Why peanuts?

Peanuts and peanut butter account for **2/3 of all nut consumption in the US** every year, and it's easy to see why! In just one serving (about 1 oz.) of roasted peanuts you'll find:

- **19 vitamins and minerals**
- **7g of satisfying protein**
- **0 cholesterol**
- **Heart-healthy fats**



Nutrient-Dense and Cost-Effective

Dollar for dollar, **peanuts and peanut butter beat out all other nut and animal-based proteins on affordability.** And if you want another reason to make a switch? Trading animal-based protein for plant-based protein might help you **live a longer life!**

Support for Every Stage



Grow Up Healthy: Peanuts support healthy development of the brain, bones muscles and immune system for childhood and beyond.²



Cancer Prevention: Phytosterols and antioxidants in peanuts have shown to be beneficial against certain brain, skin, stomach, colon, breast, pancreatic and prostate cancers.



Smart Snacking: People who snack on peanuts and peanut butter reported consuming fewer calories than those who ate other nuts, including almonds.³



Sharp Minds: Compounds found in peanuts can increase brain blood flow, protect against Alzheimer's disease, and even fight anxiety and depression. Niacin in particular is associated with a reduced rate of cognitive decline.⁴



Good for You, and Better for the Planet

Peanuts don't just benefit our bodies, they can also help support a healthier planet!

- Compared to almonds, peanuts need less than **half of the water** to grow. (2,782 vs. 8,000 cubic meters per in-shell ton).⁵
- Peanuts **enrich soil with nitrogen**, which makes the land more fertile. They even produce 90% of the nitrogen they need to grow!
- Peanut butter produces **less than half of the CO2 emissions** created by eggs, and less than a quarter created by cheese.



Healthy Budget, Healthy Body, Healthy Planet

Combining a long shelf life with affordability, sustainability, and increased longevity, peanuts and peanut butter offer big benefits at a bargain – helping meals stretch further, our planet stay greener, and our bodies healthier. All without sacrificing taste or satisfaction.

Sources:

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