

Peanuts: Treat Yourself, Don't Cheat Yourself!

Lower Blood Pressure and Shed Weight.

Trying to eat better to feel your best? Good news: not only can peanuts help you fight cravings by helping you feel fuller for longer, they might add extra benefits for your health! Including some that could help save your life.



The Obesity Epidemic and Its Effects



According to the WHO, more than **1.9 billion adults ages 18 and over are overweight (39% of the population)**, with 650 million adults classified as obese (13% of the population).¹

Unfortunately, being in these categories puts us at an increased risk for serious conditions like type 2 diabetes² and cardiovascular disease³, two of the leading causes of death in the U.S.⁴ To help lower our risks, proper diet and exercise are essential — but as a recent study has found, some food choices could be even more beneficial.



The Study

Researchers placed two groups of adults at risk of type 2 diabetes on 6-month weight loss diets: a “Control Group” that was instructed not to eat any nuts or nut butters, and a “Peanut Group.” The Peanut Group consumed 35g of lightly-salted, dry-roasted peanuts twice per day before meals (70 grams, or 2.5 ounces total, each day). Otherwise, their weight loss tactics were identical. So, what did they find out?

See the findings →

Surprise Findings

After 6 months, researchers saw some pretty surprising results:

- ▶ **Weight Loss** - Even with the 70g/day addition of lightly salted, dry-roasted peanuts in the Peanut Group, both groups succeeded in losing weight.⁵
- ▶ **Blood Sugar Management** - Both groups saw improved fasting glucose and insulin control, as well as improved HbA1c, which is a measure of long-term blood sugar control.
- ▶ **Lower Blood Pressure** - Greater systolic blood pressure reductions were seen in the Peanut Group versus the Control Group.



Treat Yourself Without Cheating Your Diet

Researchers were impressed that the addition of peanuts to the Peanut Group's diet improved the diet's effectiveness. So, if you find it hard to stick to your weight loss goals, peanuts could be just what the doctor ordered!

Thanks to their unique combination of protein, fiber, heart-healthy fats and more, peanuts provide hunger-satisfaction that won't impede your progress.

And, with the added bonus of lowering your cardiovascular disease risk (as well as a host of other health benefits like lowering blood pressure), it's one snack that always has your back.

Sources:

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Can Peanuts Lower Blood Pressure?

Even though the peanuts were lightly salted, participants saw improved systolic blood pressure compared to those in the control group.

Why? Let's check the facts:

- ▶ Many don't know that **lightly salted peanuts are naturally a low-sodium food**, usually containing only 90-100mg per serving.
- ▶ Peanuts contain **one of the highest levels of arginine**, an amino acid that helps to dilate blood vessels and lower blood pressure.
- ▶ Peanuts are also an **excellent source of magnesium**, which is a mineral well known to help regulate blood pressure.



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