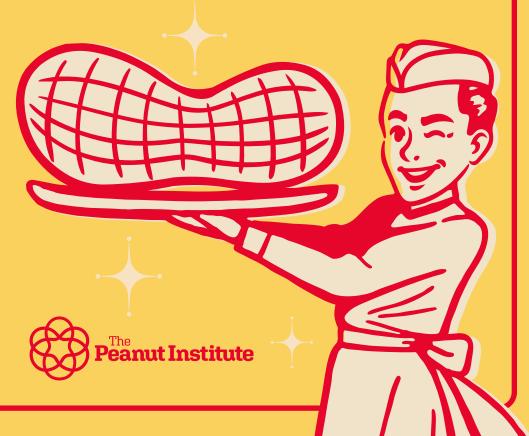
Peanuts Swap Fast Food for Good Food Fast!

When we rely on fast food, our bodies miss out on a lot of the vitamins and nutrients that we need to feel our best. That's because much of it is overly processed, and relies on sugar, salt, and saturated fat that may taste good in the moment, but end up leaving us feeling worse – and may even increase our risk for certain cancers.¹

But if you're looking for healthy food alternatives, here's the good news: with peanuts and peanut butter, you can stay on-the-go and not have to go without proper nutrition.





Peanuts aren't just one of the healthiest and most popular nuts, they're also one of the most affordable! That means they can help support a healthy waistline, and a healthier bottom line.

America's #1 NUT with Billions Served

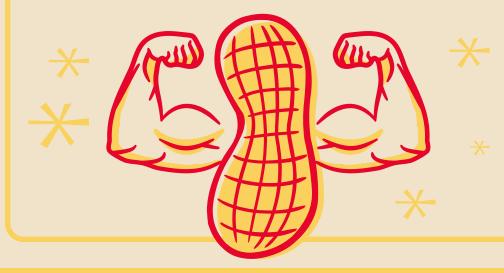
There's a reason peanuts are one of the world's favorite nuts, accounting for a whopping 67% of all nut consumption in the United States alone. In fact, there are too many reasons to fit in just one shell!

Peanuts can 🔰

- Provide more protein per serving than any other nut, keeping you feeling fuller, longer.
- Reduce Alzheimer's disease risk by 70%,² thanks in part to their excellent niacin content.
- Reduce diabetes risk by 53%.³
- Reduce cardiovascular disease risk by 13%.4
- Aid memory, cognitive function, concentration⁵ and can even help reduce your risk of anxiety and depression.⁶

Supersized X Benefits

Plant-based protein like peanuts is healthier than the typical animal protein found in fast food. Here are just a few of the ways making the swap can improve your long-term health and wellness.



Plant-based protein helps you live longer: Research comparing nuts and legumes to animal protein showed higher meat intake is associated with increased mortality risk.⁷

- Swapping proteins protects against diabetes: Replacing plant-based protein for animal-based protein can lower your likelihood of developing diabetes substantially.⁸
- Plant-based protein makes YOU faster: In older adults, faster walking speed was associated with a higher intake of plant protein, while slower walking speed was associated with greater animal protein intake.⁹ So much for fast food!
- **Plant-based protein is more sustainable:** Peanuts produce fewer greenhouse gas emissions than protein sources like eggs and cheese¹⁰, they add nitrogen to the soil they're planted in¹¹, AND they use less water to grow than other nuts.¹²

Sources:

1. Abid, Z., A.J. Cross, and R. Sinha, Meat, dairy, and cancer. Am J Clin Nutr, 2014. 100 Suppl 1: p. 386s-93s. Craig, W.J. and A.R. Mangels, Position of the American Dietetic Association: vegetarian diets. J Am Diet Assoc, 2009. 109(7): p. 1266-82.

2. Morris MC, Evans DA, Bienias JL, Scherr PA, Tangney CC, Hebert LE, Bennett DA, Wilson RS, Aggarwal N. Dietary niacin and the risk of incident Alzheimer's disease and of cognitive dedine. J Neurol Neurosurg Psychiatry. 2004 Aug;75(8):1093-9. doi: 10.1136/jnnp.2003.025858. PMID: 15258207; PMCID: PMC1739176. https://doi.org/10.1136/jnnp.2003.025858

3. Asghari G, Ghorbani Z, Mirmiran P, Azizi F. Nut consumption is associated with lower incidence of type 2 diabetes: The Tehran Lipid and Glucose Study. Diabetes Metab. 2017 Feb;43(1):18-24. doi: 10.1016/j.diabet.2016.09.008. Epub 2016 Nov 16. PMID: 27865656.

4. Guasch-Ferré M, Liu X, Malik VS, Sun Q, Willett WC, Manson JE, Rexrode KM, Li Y, Hu FB, Bhupathiraju SN. Nut Consumption and Risk of Cardiovascular Disease. J Am Coll Cardiol. 2017 Nov 14;70(20):2519-2532. doi: 10.1016/j.jacc.2017.09.035. PMID: 29145952; PMCID: PMC5762129.

5. Barbour JA, Howe PR, Buckley JD, Bryan J, Coates AM. Cerebrovascular and cognitive benefits of high-oleic peanut consumption in healthy overweight middle-aged adults. Nutr Neurosci 2016:1-8. 6. Anjom-Shoae J, Sadeghi O, Keshteli AH, Afshar H, Esmaillzadeh A, Adibi P. Legume and nut consumption in relation to depression, anxiety and psychological distress in Iranian adults [published online ahead of print, 2020 Mar 12]. Eur J Nutr. 2020;10.1007/s00394-020-02197-1. doi:10.1007/s00394-020-02197-1.

7. Virtanen HEK, Voutilainen S, Koskinen TT, Mursu J, Kokko P, Ylilauri MPT, Tuomainen TP, Salonen JT, Virtanen JK. Dietary proteins and protein sources and risk of death: the Kuopio Ischaemic Heart Disease Risk Factor Study. Am J Clin Nutr. 2019 May 1;109(5):1462-1471. doi: 10.1093/ajcn/nqz025. PMID: 30968137.

8.Malik VS, Li Y, Tobias DK, Pan A, Hu FB. Dietary Protein Intake and Risk of Type 2 Diabetes in US Men and Women. Am J Epidemiol. 2016 Apr 15;183(8):715-28. doi: 10.1093/aje/kwv268. Epub 2016 Mar 28. PMID: 27022032; PMICID: PMC4832052.

9. Coelho-Junior HJ, Calvani R, Gonçalves IO, Rodrigues B, Picca A, Landi F, Bernabei R, Uchida MC, Marzetti E. High relative consumption of vegetable protein is associated with faster walking speed in well-functioning older adults. Aging Clin Exp Res. 2019 Jun;31(6):837-844. doi: 10.1007/s40520-019-012164. Epub 2019 May 21. PMID: 31115875.

10. J.A. McCarty et al. "Life Cycle Assessment of Greenhouse Gas Emissions Associated with Production and Consumption of Peanut Butter in the U.S." Transactions of the American Society of Agricultural and Biological Engineers, 2014, vol. 57, no. 6., pp. 1741-1750.

11. H. Valentine. "The Role of Peanuts in Global Food Security." Peanuts: Genetics, Processing, and Utilization. H.T. Stalker and R.F. Wilson, eds. London: Academic Press and AOCS Press, 2016, pp. 447-61. 12. National Peanut Board. (2022, January 25). New Data Confirms Peanuts are More Water Efficient Than Ever | National Peanut Board. NationalPeanutBoard.Org. Retrieved May 2, 2022, from https:// www.nationalpeanutboard.org/news/new-data-confirms-peanuts-are-more-water-efficient-than-ever.htm

A Bite for the Road

It's time for fast food to make a quick retreat—because peanuts and peanut butter can provide delicious meals that are more nutritious, more affordable, and just as fast and convenient. So if you're looking for a go-to snack that's great on the go, look no further than peanuts and peanut butter! Because they aren't fast food—they're good food fast!



