

POWER UP WITH PEANUTS

Plant-Based Protein for Your Routine.

If your routine has you reaching for sugary snacks and drinks to make it through the day, there's a better way. Peanuts and peanut butter make the daily grind way smoother (and healthier) with just one daily serving — providing more energy and more focus, with less stress.



HOW POWERFUL ARE PEANUTS?

At 7g per serving, peanuts have the most protein of any nut. That's in addition to 19 crucial vitamins and minerals our bodies need to feel our best — including several which are classified as “hard to get.”¹



FEED YOUR MIND.

In a study of college students (ages 18-33), peanut and peanut butter consumption was associated with:

- **Improved memory**
- **Reduced stress**
- **Decreased anxiety and depression²**



STAYING ENERGIZED AND FOCUSED

The combination of plant-based protein and healthy fats make **peanuts an energy-dense food**,³ which means your body can use it for fuel. But that's not all:

Burn more calories at rest. 8 weeks of peanut consumption gave trial subjects an 11% increase in REE (resting energy expenditure).⁴

Low glycemic index. Peanuts won't spike your blood sugar the way sugary snacks might, preventing the feeling of "crashing" later.

Sharpen your mind. Peanuts contain the antioxidant resveratrol, which has shown to increase blood flow to the brain.⁵

More satisfaction, fewer calories. 18% of calories from peanuts and peanut products are not absorbed by the body — so you can stay satisfied without feeling weighed down.



HEALTH HABITS FOR THE LONG HAUL

Eating peanuts is associated with:

- **21% lower risk** of premature death⁶
- **24% reduced risk** of death from heart disease
- **Reduced risk** for colorectal, gastric, pancreatic and lung cancers.⁷

SOURCES:

1. USDA National Nutrient Database.
2. Parilli-Moser, I., et al., Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. *Clinical Nutrition*, 2021. <https://doi.org/10.1016/j.clnu.2021.09.020>
3. Arya SS, Salve AR, Chauhan S. Peanuts as functional food: a review. *J Food Sci Technol*. 2016 Jan;53(1):31-41. doi: 10.1007/s13197-015-2007-9. Epub 2015 Sep 19. Review. PubMed PMID: 26787930; PubMed Central PMCID: PMC4711439.
4. Alper CM, Mattes RD. Effects of chronic peanut consumption on energy balance and hedonics. *Int J Obes Relat Metab Disord*. 2002 Aug;26(8):1129-37. PubMed PMID: 12119580.
5. Kennedy DO, Wigham EL, Reay JL et al. Effects of resveratrol on cerebral blood flow variables and cognitive performance in humans: a double-blind, placebo-controlled, crossover investigation. *Am J Clin Nutr*. 2010;91(6):1590-97.
6. Luu HN, Blot WJ, Xiang YB, et al. Prospective evaluation of the association of nut/peanut consumption with total and cause-specific mortality [published correction appears in *JAMA Intern Med*. 2016 Aug 1;176(8):1236]. *JAMA Intern Med*. 2015;175(5):755-766. doi:10.1001/jamainternmed.2014.8347.
7. Zhang D, Dai C, Zhou L, et al. Meta-analysis of the association between nut consumption and the risks of cancer incidence and cancer-specific mortality. *Aging (Albany NY)*. 2020;12(11):10772-10794. doi:10.18632/aging.103292.
8. Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT. MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimers Dement*. 2015 Sep;11(9):1007-14. doi: 10.1016/j.jalz.2014.11.009. Epub 2015 Feb 11. PMID: 25681666; PMCID: PMC4532650.
9. Metcalfe-Roach A, Yu AC, Galz E, Cirstea M, Sundvick K, Klinger D, Foulger LH, Mackenzie M, Finlay BB, Appel-Cresswell S. MIND and Mediterranean Diets Associated with Later Onset of Parkinson's Disease. *Mov Disord*. 2021 Apr;36(4):977-984. doi: 10.1002/mds.28464. Epub 2021 Jan 6. PMID: 33404118; PMCID: PMC8248352.



MAKING YOUR PLAN

Now that we know 'why' you should start incorporating peanuts into your daily diet, let's look at 'when' you should eat them to provide the biggest benefits.



The Problem:

"I FEEL EXHAUSTED IN THE MORNING."

The Plan:

What we eat the night before can have a big impact on how we feel the next day. Try having 1 serving (or about 1 handful) of peanuts as an evening snack to calm cravings, and avoid unhealthy processed or fatty foods.

The Problem:

"I'M HANGRY AND RUN DOWN BY THE AFTERNOON."

The Plan:

Tired and snack-y before lunch? Add a serving of peanuts to your breakfast! Peanut butter on multigrain toast provides a 1-2 punch of protein and fiber that can help curb hunger through lunchtime and beyond.

The Problem:

"I SNACK TOO MUCH BEFORE (AND AFTER) DINNER."

The Plan:

Diets rich in fruits, veggies and nuts like the Mediterranean or MIND Diets help satisfy hunger AND have shown great additional benefits for health — including a lower risk of Alzheimer's Disease⁸, and a delayed onset of Parkinson's Disease⁹.

CONQUER YOUR ROUTINE WITH PLANT-BASED PROTEIN.

Get a daily serving of healthy tips, research and recipes by following The Peanut Institute on Facebook, Twitter, Instagram, LinkedIn and Pinterest!

