

# Stay Sharp & Boost Your Mind With Peanuts

Peak mental performance takes the right diet, exercise, and other healthy habits. But it all starts with the fuel we give our bodies.

Peanuts and peanut butter provide a unique combo of healthy nutrients that support your body and mind. And, they do it all with just one daily serving – which means they're also time-saving and cost-effective.



## Promoting Better Focus

The protein, fiber and healthy fats in peanuts make them an 'energy dense food.' That means they power our bodies, which helps keep us mentally focused – instead of thinking about the next meal.



## Supporting Your Mental Health

p-coumaric acid, an antioxidant in peanuts, helps reduce stress and anxiety. Researchers note it could have stress-reducing effects similar to leading anxiety-reducing drugs.<sup>1</sup>

In 2021, researchers found college students who regularly consumed peanuts and peanut butter experienced improved memory function, as well as decreases in anxiety, depression and stress.<sup>2</sup>

## Nutrients That Protect Your Brain

Niacin intake from foods has been associated with a slower annual rate of cognitive decline, and a 70% lower Alzheimer's risk.<sup>5</sup> Peanuts are one of the best vegetarian sources of niacin.

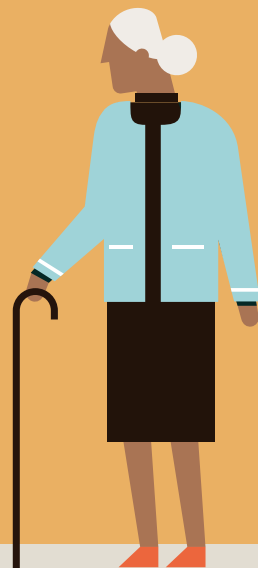
Resveratrol, also found in peanuts, has shown the ability to actually help reverse cognitive defects, and restore cognitive function in mice with neurological disorders.<sup>6</sup>



## Strengthening Cognition With Age

Cognition includes just about everything we depend on our brains for, from learning information to making decisions. And with the right nutrition, you can keep your cognition strong.

1 serving of nuts per day has been associated with a higher cognition score and a 40% lower likelihood of poor cognitive function in older adults. Peanuts accounted for 84.2% of all nuts consumed in the study.<sup>4</sup>



## Improving Brain Health

Want to keep your brain healthy? Take your peanuts with the skin on! Research shows eating peanuts with the skins can improve both blood flow to the brain and cognitive function in men and women. Authors noted this was likely due to the skins' bioactive compounds.<sup>3</sup>

### SOURCES:

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