



Peanuts: The Guilt-Free Food

Feel Good without the Guilt

Peanuts are a guilt-free superfood that can actually help **boost your body's response to stress, AND save room in your budget.**



Why Peanuts are a Guilt-Free Snack

1 Unbelievable Nutrition, Unbeatable Price

Peanuts provide **19 vitamins and minerals, 7g of protein, and heart healthy fats and fiber**, all for **about 18 cents per serving**. Which is delicious news for you, and your budget.

What makes peanuts a guilt-free food? Here are some of the highlights:

Niacin - In addition to supporting your digestive system, skin and nerve function, dietary niacin protects against Alzheimer's disease and cognitive decline.¹ Peanuts provide 25% of your recommended daily allowance (RDA).

Vitamin E - An antioxidant that supports immune function, vitamin E is considered a 'hard-to-get' nutrient for men and women.² Peanuts are a good source of vitamin E.

Magnesium - Supports our heart rhythm, immune system, blood pressure, bones, and even blood sugar. Magnesium intake is also associated with reduced inflammation, a reduced risk of metabolic syndrome, and type 2 diabetes.^{3,4} Peanuts are a 'good source' with 12% of your RDA per serving.

2

Bounce Back with Better Nutrition

Taking a snack break with peanuts doesn't just support your body, it can also support a healthy mind!

p-coumaric acid – An antioxidant that helps reduce stress, anxiety⁵ and depression, all while improving memory function.⁶

Resveratrol – Another antioxidant, it helps increase blood flow to the brain.⁷



3

Stay energized, stay balanced

It's ok to enjoy sweets in moderation, but the right ingredients can make all the difference. **Peanuts are an energy-dense food⁸** that can help prevent "sugar crashes," which makes them a great choice for dessert recipes.



4

Indulge without the Bulge

If you think staying trim will keep you from enjoying your snack, think again! **Approximately 15-18% of calories from peanuts and peanut products aren't absorbed by the body.^{9,10}**



SOURCES:

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