Peanuts + benefit the gut

Within our large intestine live billions of bacteria that not only help digest food, but may also improve body and brain health. The foods we eat can enhance the composition of our gut microbiome, and studies show that eating peanuts can do just that.





Peanuts contain prebiotic fiber

Prebiotic fiber is nourishing food for our gut microbiota. Eating peanut products can increase the number of several healthy bacteria in the gut. Prebiotic fiber has also been associated with improved blood pressure, heart health, and immune function.

Peanuts benefit good bacteria

From peanuts, our microbiome can form a number of compounds that help keep our body healthy. Butyric, propionic, and acetic acid, for example, are important for keeping the large intestine healthy. These compounds, found in the gut after consuming peanuts, are correlated with less depression and stress. Microbial phenolic metabolites, also produced by our gut microbiota, are compounds that can protect brain cells to help improve memory and reduce stress.



SOURCES:

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Important compounds to know



Butyric acid is produced by the gut microbiome after eating peanuts. It fuels new cell growth in the gut and can reduce inflammation.

Acetic acid is produced by the gut microbiome after eating peanuts. It increases blood flow and motility in the digestive tract as well as aids in nutrient absorption.

Propionic acid is produced by the gut microbiome after eating peanuts. It helps kill cancer cells in the gut and can reduce cholesterol.

Resveratrol is a polyphenol found in peanuts. It has antioxidative, anti-inflammatory, anti-aging, and cancer-fighting properties.

Microbial phenolic metabolites are compounds that can cross the blood-brain barrier and reach brain cells to protect them.

Peanuts contain resveratrol

Peanuts are an excellent source of a naturally-occurring compound called resveratrol, which inhibits growth of harmful pathogens among the gut microbiota as well as fights cancer in the gut.

