

How Peanuts Support Women's Health.

Women face a higher risk of dying from heart disease than men,¹ and may be at risk for other conditions such as hypertension,² certain cancers,³ and even Alzheimer's disease.⁴

Peanuts and peanut butter provide exceptional health benefits for women of all ages—and all in as little as one serving per day.



For Children

Starting healthy habits early in a girl's life can have an enormous impact when she becomes a woman.

Start Early

Early introduction to peanuts can reduce the risk of developing peanut allergies.

Support Growth

The Dietary Guidelines for Americans 2020-2025 highlights peanuts as "an important source of iron, zinc, protein, choline, and long chain polyunsaturated fatty acids."⁵ These fatty acids are crucial for supporting the rapid brain development that occurs in a child's first 2 years. Arginine, an essential nutrient in peanuts, is associated with higher growth velocity and linear growth.⁶





For Adults

In our adult years, it's important to build healthy habits that will carry us into our golden years.

Workout Support

Peanuts have more protein than any other nut, which helps your muscles grow, recover and stay healthy.^{7,8}

Cancer Protection

Phytosterols in peanuts may inhibit cancers that affect millions of women—including lung, stomach, ovarian, colon and breast cancers.⁹⁻¹²

For Senior Years

As we age, maintaining healthy habits becomes even more important to long-term health.

Snack better, Live Longer

For those over 50, nuts can lower the risk of dying from cancer, cardiovascular disease, respiratory infections, renal and liver disease.¹³

Stay Sharp

Peanut butter, peanuts, and tree nuts are associated with a 44% reduced risk of death from neurodegenerative diseases.¹⁴

Excellent Source of Niacin

Consuming more niacin from foods is associated with a 70% lower risk for Alzheimer's disease.¹⁵

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