

THE TOP 10 BENEFITS OF PEANUT BUTTER

As America's favorite nut, peanuts and peanut butter account for about 2/3rds of all nut consumption in the US. But what makes this nut butter so much better? Well, there's a lot to love!

1. HEALTHY BUILDING BLOCKS

A single serving of peanut butter provides 7g of hunger-satisfying protein, along with hard-to-get nutrients that we might otherwise miss – including dietary fiber, potassium, magnesium, thiamin and vitamin E.

2. AFFORDABLY DELICIOUS

Dollar for dollar, peanuts and peanut butter beat many other protein sources on affordability!¹ Which is great considering swapping meat for plant-based protein can help you live a longer life.²

3. MANAGE WEIGHT

Studies have shown eating peanut butter in the morning can reduce the urge to snack throughout the day,³ while other studies found peanuts may even help improve the effectiveness of certain diets.⁴



4. GROW UP STRONG

The Dietary Guidelines for Americans 2020-2025 cites nuts like peanuts as "important sources of iron, zinc, protein, choline, and long chain polyunsaturated fatty acids," all of which can contribute to healthy development in children.⁵





5. NUTRITIOUS AND LOW-GLYCEMIC

As low-glycemic foods,⁶ peanuts and peanut butter help control sugar spikes that can lead to crashes. It's just one reason why the American Diabetes Association lists nuts as one of their "Diabetes Superfoods."



6. CANCER FIGHTING

Consuming just 10g per day of nuts, such as peanuts, has been associated with a 20% reduction in overall cancer mortality risk.⁷



7. GREAT FOR GUT HEALTH

Peanut consumption can "enhance key bacterial communities" that support a healthy gut – including many that are linked to cardiovascular health.⁸



8. KEEPING HEARTS HEALTHY

Heart-healthy fats in peanuts have been linked to improving blood pressure levels and helping to improve overall cholesterol levels.^{9,10}



9. BRAIN BOOSTING

Nutrients in peanuts may also help to slow or prevent cognitive decline in old age. Niacin, for example, has been associated with a 70% lower risk of Alzheimer's disease.¹¹



10. SUSTAINABLE SNACKING

Peanut butter production creates lower levels of CO2 compared to meat, eggs and cheese.¹² Plus, peanuts don't require as much water to grow as other nuts.^{13,14}

They also replenish nitrogen in the soil they grow, which makes it a great choice for crop rotation. And, according to the U.S. Sustainability Alliance, even the hulls, husks and oil find a purpose as animal feed and biodiesel.



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