

LIVE YOUR BEST LIFE WITH PEANUTS

The new year is the time for a new you — but not every change has to be big to make a big impact. In just one daily serving of peanuts or peanut butter, you can fight disease, help manage your weight, and even protect your body and mind for years to come.



WHAT IS IT ABOUT THESE LITTLE LEGUMES?

1

HIGH IN PROTEIN

Packed with 7 grams of protein (more than any nut)! Satisfy hunger, increase energy and stay sharp all day long — all with a handful of plant-based protein.

2

GLUTEN-FREE

If you're avoiding gluten, peanuts (and most peanut butters) are a great choice. In fact, we offer an entire cookbook of Celiac-friendly recipes!

3

CHOLESTEROL-FREE

Not only are peanuts cholesterol-free, they even help to lower your bad (or LDL) cholesterol and raise your good (HDL) cholesterol!

4

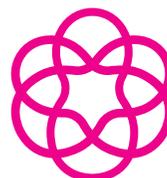
HEART-HEALTHY

Over 80% of the fat found in peanuts is good for your heart — the same kind of fat you'll find in pricier products like almonds, avocados or olive oil.

5

LOADED WITH 19 VITAMINS AND MINERALS

Including an "Excellent" source of niacin (which may protect against Alzheimer's) and vitamin E (an antioxidant that protects your immune system and is considered hard to get).



The
Peanut Institute

LIVE HEALTHIER

Peanuts pack a variety of macro- and micronutrients that are critical to helping you get into top shape. That includes:

- **Amino acids** that can improve circulation and reduce heart disease risk
- **Heart-healthy fats** that raise good cholesterol, and lower bad cholesterol
- **Bioactives, vitamins and minerals** that keep blood vessels healthy and flexible
- **Plant-based protein** that supports all of the above, while keeping hunger satisfied.



Peanuts contain beneficial nutrients that can help prevent some of the leading causes of death:

Lower your risk for cancer with a unique blend of nutrients, including phytosterols and resveratrol, which have been shown to protect against cancer development and growth.

Lower your risk for heart disease and heart attacks with unsaturated fats, l-arginine, minerals, phenolic compounds and phytosterols, which may help prevent plaque build-up and the narrowing of arteries.

Lower your risk for type-2 diabetes, and improve glucose control. In fact, peanuts and peanut butter have shown to reduce spikes in blood sugar caused by high carbohydrate or high-glycemic load foods — which means less crash later, and a reduced urge to snack.

LIVE LONGER

LIVE HAPPIER

Along with keeping your body feeling its best, peanuts and peanut butter also promote a healthy mind.

- Reduce your risk of Alzheimer's by up to 53%
- Increase blood flow to the brain (with resveratrol)
- Promote learning (with polyphenols)
- Strengthen cognition
- Boost your mood and reduce depression
- Improve short-term memory
- Boost energy to promote alertness with healthy fats
- Protect against cognitive decline caused by age



Get your daily serving of peanut and peanut butter facts, recipes, and more by following us on Facebook, Twitter, Instagram and Pinterest.

Sources available at [PEANUTINSTITUTE.COM](https://www.peanutinstitute.com)