THE PEANUT INSTITUTE
FOUNDATION

2026 Peanut Nutrition Research Update

It's been an exciting time for peanut nutrition research. As The Peanut Institute Foundation continues to support various projects across the globe, results show that peanuts and peanut products benefit the body in multiple ways:

- A new study from the Institute of Nutrition and Translational Research in Metabolism (NUTRIM) at Maastricht University Medical Center, Maastricht, Netherlands, found that daily consumption of skin-roasted peanuts for 16 weeks significantly improved brain blood flow by 3.6% and improved memory in older adults. The intervention also led to a reduction in systolic blood pressure and pulse pressure. These findings are significant because cerebral blood flow naturally declines with age, typically by around 0.3–0.5% per year in healthy adults. A significant increase in blood flow in just 16 weeks suggests that small dietary changes, such as consuming peanuts, can help to support brain health as we age. DOI: 10.1016/j.clnu.2025.10.020.

- A recent study from the University of Barcelona and CIBEROBN showed that the consumption of peanuts can potentially protect against accelerated cellular aging and promote longevity in young adults. The six-month study found that the consumption of peanuts with the skins on may increase telomere length and protect against telomere shortening. Telomeres are protective structures found at the ends of chromosomes and are essential to maintaining the stability and integrity of chromosomes. Shorter telomeres are often associated with an increased risk of age-related diseases and decreased lifespan. DOI: https://doi.org/10.3390/antiox14040467.

- A 2025 study conducted by the University of Wisconsin-Madison found that the skins of peanuts may inhibit the growth and proliferation of childhood leukemia cells. In lab tests, researchers discovered that the polyphenols in peanut skins successfully reduced the proliferation of the cancer cells for up to 72 hours after application. Key polyphenols included (+)-catechin, quercetin, and procyanidin A2 and procyanidin A1. While the data is still preliminary, this study adds to the growing body of evidence that suggests the bioactive compounds in peanuts and their skins may be protective against cancer. DOI: 10.1111/1750-3841.70018.

- A 16-week peanut intervention led to small but significant changes in the composition and stability of specific bacteria in the gut microbiome. Authors note that several of these species, such as *Faecalibacterium prausnitzii* F and H, may play an important role in human health, especially cardiovascular health. However, further research with a larger sample size and a longer intervention period is needed to confirm these findings and investigate the direct impact of gut-microbiome-mediated health effects of peanut consumption. DOI: 10.3390/nu16193313.

- TPIF continues to support studies on the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet in partnership with Rush University, Ohio State University, and the International Nut and Dried Fruit Council. Evidence from a July 2025 study from Ohio State University showed that among post-menopausal breast cancer survivors that are within one year of completing chemotherapy, adherence to the MIND diet pattern and its components was associated with better cognitive function. DOI: 10.1007/s00520-025-09789-9.

- TPIF continues to follow and engage in the latest research on GLP-1 weight loss medications to apply the role of peanuts in scientific evidence. In 2025, peanuts and peanut butter were included in clinical recommendations for key dietary strategies to optimize nutrition while taking GLP-1 and other weight loss drugs. The joint advisory was released by the American College of Lifestyle Medicine, the American Society for Nutrition, the Obesity Medicine Association, and The Obesity Society in May 2025. DOI: 10.1002/oby.24336.