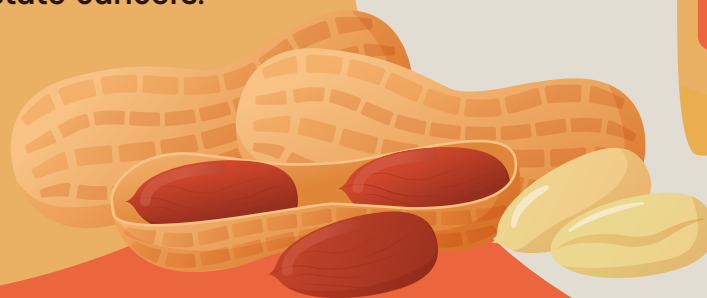


WITH PEANUT OIL, HEALTH BENEFITS NEVER TASTED SO GOOD.

Zero Cholesterol, Endless Benefits.

Did you know peanut oil is one of the healthiest oils you can use in your kitchen? It's naturally trans fat-free, cholesterol-free, and low in saturated fats. Even better, it's rich in unsaturated fats—especially monounsaturated fats, the same kind found in olive oil. And as if that weren't enough, peanut oil is loaded with vitamin E and phytosterols, making it a heart-healthy choice that doesn't skimp on flavor. Peanut oil has been found to protect against breast, colon and prostate cancers.



**THE PEANUT
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HEART HEALTH IN EVERY DROP

If you love peanuts, here's another good reason to enjoy them. Diets high in peanuts, peanut butter or peanut oil are as effective as diets high in olive oil in protecting against heart disease. Those were the findings of Dr. Penny Kris-Etherton and her colleagues at Pennsylvania State University. In fact, the diets high in peanut products offered more heart disease protective benefits than the very low-fat diets.

PEANUT ALLERGY? WE'VE GOT GOOD NEWS.

Refined peanut oil is non-allergenic because the refining process removes the proteins that cause allergic reactions. Most peanut oil used in the U.S. is refined and safe for those with peanut allergies. However, gourmet peanut oils—like cold-pressed or expeller-pressed varieties—aren't refined the same way and should be avoided by those allergic to peanuts. Not sure? Check with your healthcare provider for guidance.



A SMART ADDITION TO A DIABETES-FRIENDLY DIET

A study in the American Journal of Clinical Nutrition found that a calorie-controlled diet that was higher in monounsaturated fat and included peanut oil lowered cholesterol just as much as a calorie-controlled low-fat diet, but with the extra benefits of lower triglycerides and stable HDL levels.¹



A NATURAL ALLY IN ALZHEIMER'S MANAGEMENT

Alzheimer's disease is considered one of the main reasons for dementia, mainly in geriatric adults. A recent study found that peanut oil can be considered as a relevant edible oil in the management of Alzheimer's disease. The study also found that certain edible oils—like peanut oil—contain ingredients with rich antioxidant, anti-inflammatory effects that play a key role in the alleviation of the progression of many cardiovascular, central nervous and cancer related diseases.² And a separate study demonstrated that peanut oil possesses notable antioxidant, anti-Alzheimer, and anticancer properties.³

SOURCES:

¹Kris-Etherton P.M. et al. High-Monounsaturated Fatty Acid Diets Lower Both Plasma Cholesterol and Triacylglycerol Concentrations. American Journal of Clinical Nutrition. 1999;70:1009-15

²Sapa, N. K., John, J., Begum, F., Khanna, S., & Shenoy, R. (2023). Investigation of Peanut oil in Colchicine induced model of Dementia and its comparison with Sesame oil. Journal of Integrated Science and Technology, 12(2), 746.

³Djeghim H, Benouchenne D, Mokrani EH, Alsaeedi H, Cornu D, Bechelany M, Barhoum A. Antioxidant, Anti-Alzheimer's, anticancer, and cytotoxic properties of peanut oil: in vitro, in silico, and GC-MS analysis. Front Chem. 2024 Oct 24;12:1487084. doi: 10.3389/fchem.2024.1487084. PMID: 39512543; PMCID: PMC11541349.



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