

Snack of a Lifetime:

HEALTHY AGING WITH PEANUTS

Staying fit and eating well is always important, but it becomes especially vital in mid-life and beyond. Peanuts provide protein and fiber with big health benefits that keep getting better with age!



STANDING STRONG WITH PEANUT POWER

Falls can be especially scary for seniors—but a 2026 study found that daily peanut butter intake improved performance on a physical function test associated with fall risk in older adults.

THE STUDY:

Researchers gave older adults who were at risk of falls a daily serving of peanut butter over a 6-month period.

THE RESULT:

Participants who consumed peanut butter showed significant improvements in the 5-Times Sit-to-Stand (5STS) test and in lower-body muscle power. (5STS scores help predict fall risk by measuring balance and strength.)¹

STRENGTH MATTERS AFTER MIDLIFE

After middle age, gaining (or maintaining) muscle gets harder. In fact, without strength training, **adults can lose 4-6 lbs. of muscle per decade.**²



HOW DO PEANUTS HELP?

Peanuts and peanut butter provide **7g of plant-based protein** per serving—**more than any other nut**.

Protein helps your muscles grow and recover after workouts. It can also **improve your odds of healthy aging**.³ Plant-based proteins (like peanuts) are specifically associated with **good mental status** and **not being limited in physical function**.³

Peanuts are also a good source of **leucine**, an amino acid that supports muscle growth and recovery.⁴

GET MORE FROM WORKOUTS (AND PUT MORE IN)

Combining peanut powder with a resistance training regimen helped older adults see **significant improvements** in measures of both **muscle growth** and **strength** compared to training alone.⁵

Eating peanuts pre-workout may also help improve endurance and performance,⁶ while reducing fatigue and lowering oxidative stress.⁷



Sources:

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HELPING GUT HEALTH FLOURISH WITH FIBER

Peanuts are a "good source" of fiber, with nearly 3g in every ounce!

Besides **healthy digestion** and **feeling full**, fiber is also associated with **reduced risk for heart disease, diabetes, and some cancers**.⁸

But currently, 95% of adults don't get enough fiber in their diets.⁹



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