

# Peanuts: Better Health on a Budget

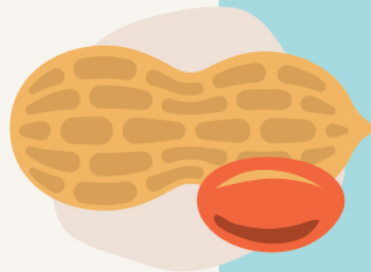
Whether you're looking to tighten your spending, trim your waistline or eat more sustainably, peanuts and peanut butter make it all deliciously easy!



## Why peanuts?

Peanuts and peanut butter account for **2/3 of all nut consumption in the US** every year, and it's easy to see why! In just one serving (about 1 oz.) of roasted peanuts you'll find:

- **19 vitamins and minerals**
- **7g of satisfying protein**
- **0 cholesterol**
- **Heart-healthy fats**



## Nutrient-Dense and Cost-Effective

Dollar for dollar, **peanuts and peanut butter beat out all other nut and animal-based proteins on affordability.** And if you want another reason to make a switch? Trading animal-based protein for plant-based protein might help you **live a longer life!**

# Support for Every Stage



**Grow Up Healthy:** Peanuts support healthy development of the brain, bones muscles and immune system for childhood and beyond.<sup>2</sup>



**Cancer Prevention:** Phytosterols and antioxidants in peanuts have shown to be beneficial against certain brain, skin, stomach, colon, breast, pancreatic and prostate cancers.



**Smart Snacking:** People who snack on peanuts and peanut butter reported consuming fewer calories than those who ate other nuts, including almonds.<sup>3</sup>



**Sharp Minds:** Compounds found in peanuts can increase brain blood flow, protect against Alzheimer's disease, and even fight anxiety and depression. Niacin in particular is associated with a reduced rate of cognitive decline.<sup>4</sup>



## Good for You, and Better for the Planet

Peanuts don't just benefit our bodies, they can also help support a healthier planet!

- Compared to almonds, peanuts need less than **half of the water** to grow. (2,782 vs. 8,000 cubic meters per in-shell ton).<sup>5</sup>
- Peanuts **enrich soil with nitrogen**, which makes the land more fertile. They even produce 90% of the nitrogen they need to grow!
- Peanut butter produces **less than half of the CO2 emissions** created by eggs, and less than a quarter created by cheese.



## Healthy Budget, Healthy Body, Healthy Planet

Combining a long shelf life with affordability, sustainability, and increased longevity, peanuts and peanut butter offer big benefits at a bargain – helping meals stretch further, our planet stay greener, and our bodies healthier. All without sacrificing taste or satisfaction.

### Sources:

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