



TRY SALTED PEANUTS FOR A LOW-SODIUM SNACK

According to the CDC too much dietary sodium from salt can **increase your blood pressure** and **your risk for a heart attack and stroke**.¹

- **Salted Peanuts are a low-sodium food.** According to the FDA, foods containing less than 140mg of sodium per serving can be considered a "low-sodium food".² Raw, dry roasted, oil roasted, and most salted varieties of peanuts meet this guideline.³
- **It's all surface salt.** Peanuts are naturally very low in sodium and most of the sodium in salted peanuts is surface salt that can rub off on your fingers or in the package.³
- **The top five sources of sodium in diet do not include peanuts.** The top five sources of sodium in the American diet are **bread**s and rolls, **cold cut meats, soups, poultry,** and **pizza**.⁴

HEART-HEALTHY PEANUTS



♥ In 2003, peanuts earned the FDA qualified health claim that states, "Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

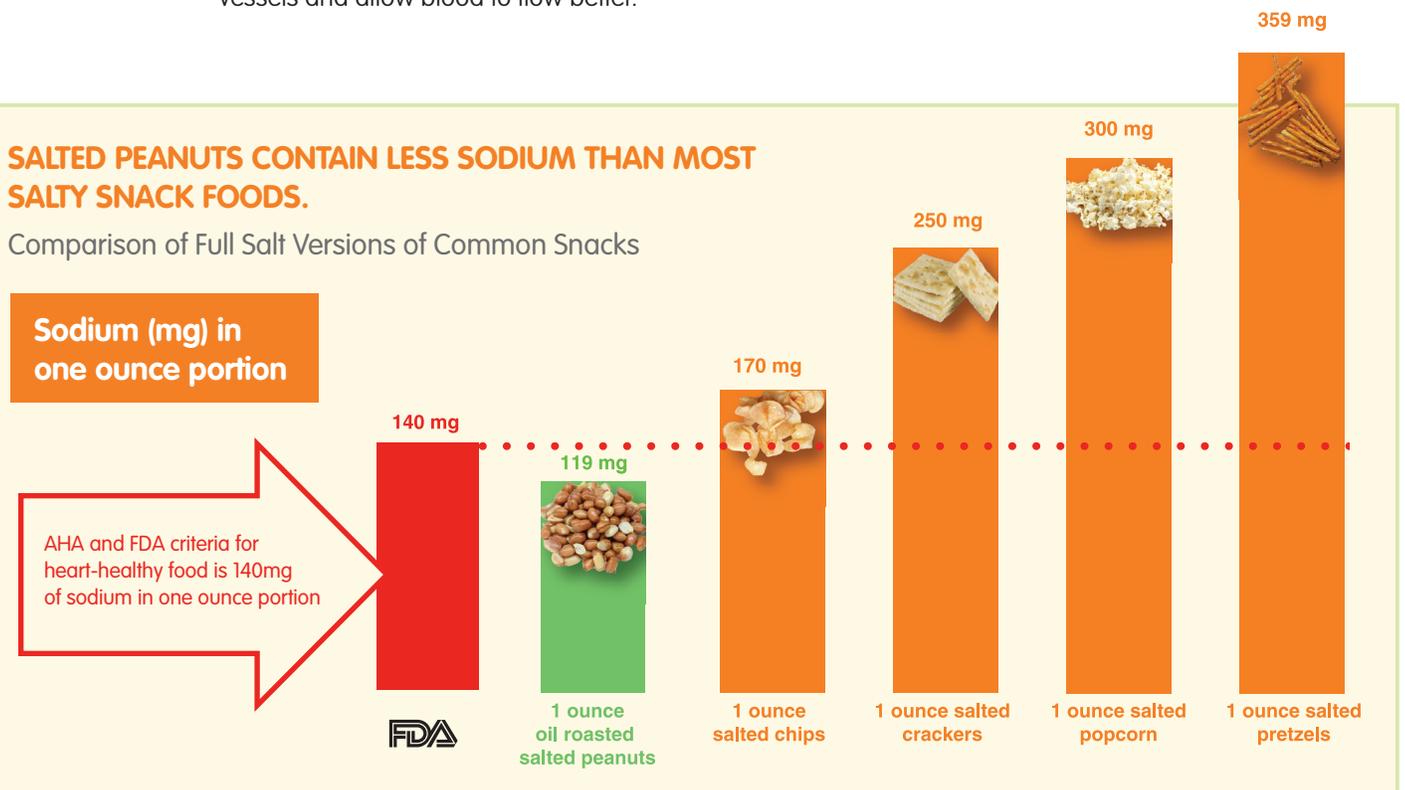


♥ Oil roasted salted peanuts are certified by the American Heart Association as a heart healthy food and eligible to carry the Heart Check Mark* on their packages.

♥ Peanuts contain more Arginine than any other whole food, which can help to open up blood vessels and allow blood to flow better.^{3,5}

SALTED PEANUTS CONTAIN LESS SODIUM THAN MOST SALTY SNACK FOODS.

Comparison of Full Salt Versions of Common Snacks



PAIR PEANUTS WITH POTASSIUM

Potassium has been shown to help reduce blood pressure and an increased intake may also help reduce the effects of high sodium intake on blood pressure.⁶ Peanuts and peanut butter contain 6% of the daily value for potassium and both pair well with potassium rich foods such as adding raisins to make a trail mix for on the go or pairing peanut butter with a banana for a satisfying and healthy snack option.³



Did you know

A Peanut Butter Sandwich Has Much Less Sodium Than Most Deli Sandwiches.

The most popular lunch choice in America is a deli ham and cheese sandwich, which contains about 2,000mg of sodium! This is four times the amount of sodium in a peanut butter sandwich (contains about 480mg), and well over the 2010 Dietary Guidelines recommendation of 1500mg of sodium per day.^{3,7,8}**

REFERENCES

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* Please note that the Heart-Check Food Certification does not apply to scientific research by an organization other than the AHA unless expressly stated. For more information, see the AHA nutrition guidelines at: heartcheckmark.org/guidelines.

** Sandwich analyzed using 1.5-ounces of deli ham, a 1-ounce slice of American cheese, and two 1-ounce slices of white bread. Compared to 2 1-ounce slices of white bread and 2 Tbs of salted peanut butter.