Peanuts provide an all-natural package of powerful nutrients. Their unique combination of vitamins and nutrients make them a great addition to your diet.

1. **Chow down to live longer**
   - Eating peanuts twice a week can reduce risk of death by 12%.¹
   - Peanuts also reduce risk of death due to heart disease by 24%, respiratory disease by 16%, infections by 32%, and kidney disease by 48%.¹

2. **Power up with plant-based protein — Peanuts contain about 8g of protein per ounce, which is more than any other nut.²**
   - Plant-based proteins, like peanuts, are good for your heart.
     - Replace red meat in your diet with a plant-protein, like peanuts, and decrease the risk of heart disease by 19%.³
     - Peanuts are very high in arginine, an amino acid, which can help to open up blood vessels and lower your blood pressure.⁴,⁵
   - Protein keeps you lean
     - Protein plays an important role in satiety, may improve body composition, facilitate fat loss, and improve body weight maintenance after weight loss.⁶
     - Peanut protein may play a role in decreasing appetite and desire to eat when peanuts or peanut butter are paired with a whole grain for breakfast.⁷ Try peanut butter on whole grain toast or add peanut butter to your oatmeal.

3. **Boost performance**
   - Eat before and after your workout to build and maintain muscle.
     - Eat peanuts before your workout to stabilize your blood sugar and give you the extra power you need to push through.
     - Eat peanuts post-workout as part of recovery. Feed your muscles the protein they need to repair and grow.
     - Bonus – eating peanuts can increase your metabolism.⁸

4. **Feed your brain for success**
   - Peanuts contain resveratrol, an antioxidant that has been shown to increase blood flow to the brain and boost cognitive function.⁹,¹⁰
PEANUT PROTEIN SMOOTHIE

Peanut flour contains about 10g to 14g of protein per ounce and can be a great addition to any protein shake or smoothie.²

Ingredients:
- Yield: 1 serving
- ½ cup nonfat or lowfat plain greek yogurt
- ½ cup skim, 1%, or soy milk
- 1 Tbsp peanut butter or peanut flour
- 1 frozen banana

Throw all the ingredients in the blender, blend and serve.

REFERENCES