

# POWER UP: 4 REASONS TO EAT PEANUTS EVERYDAY



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%.<sup>1</sup>
- Peanuts also reduce risk of death due to heart disease by 24%, respiratory disease by 16%, infections by 32%, and kidney disease by 48%.<sup>1</sup>

## 2. Power up with plant-based protein — Peanuts contain about 8g of protein per ounce, which is more than any other nut.<sup>2</sup>

- 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%.<sup>3</sup>
  - Peanuts are very high in arginine, an amino acid, which can help to open up blood vessels and lower your blood pressure.<sup>4,5</sup>
- 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.<sup>6</sup>
  - 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.<sup>7</sup> 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.<sup>8</sup>

## 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.<sup>9, 10</sup>



## 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.<sup>2</sup>

### 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.

### NUTRITIONAL INFORMATION

**Calories:** 280  
**Total Fat:** 8g  
**Sat Fat:** 1g  
**Cholesterol:** 5mg  
**Sodium:** 200mg  
**Potassium:** 820mg  
**Total Carb:** 41g  
**Dietary Fiber:** 4g  
**Sugars:** 28g  
**Protein:** 15g  
**Vit A:** 6%  
**Vitamin C:** 20%  
**Calcium:** 35%  
**Iron:** 4%

## REFERENCES

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