EAT PEANUTS DAILY!
TOP 4 REASONS YOU SHOULD EAT A SMALL AMOUNT OF PEANUTS OR PEANUT BUTTER EVERYDAY.

1. Live a longer life.
   - Eating peanuts has been shown to increase the lifespan.
   - Recent research from Harvard showed that people who eat peanuts everyday decrease their risk of death from all causes by 20%.

2. Shrink your waistline.
   - Peanuts and peanut butter are beneficial for weight maintenance.
   - Research from Purdue University showed that peanuts increase the hormone peptide YY, which promotes satiety and fullness.
   - Frequent peanut and peanut butter eaters have lower BMIs and body weight even if they consume more calories.

3. Follow your heart.
   - Peanuts carry the American Heart Association Heart-Check logo.
   - Research from Harvard showed that eating peanuts daily reduces risk of death from heart disease by 29%.
   - Replacing red meat in the diet with a plant-protein like peanuts can decrease the risk of heart disease by 19%.

4. Prevent disease with plant protein
   - A one-ounce serving of peanuts contains about 8 grams of cholesterol-free plant protein.
   - Peanuts contain more protein than any other nut.
   - Research from Harvard shows that a diet high in red meat is associated with unfavorable biomarkers of inflammation and glucose metabolism. Substituting red meat with another protein food, such as peanuts, is associated with a healthier biomarker profile.
   - Another study from Harvard found that swapping one serving of processed or unprocessed red meat for an alternative protein such as nuts can decrease risk of stroke by 17%.
HOW TO INCORPORATE PEANUTS INTO YOUR EVERYDAY DIET.

Use peanut butter as a dip for raw fruits and veggies or try some of our favorite peanut swaps.

5 ways to power up your plate with peanuts

1. Top your salad with peanuts instead of croutons.
2. Trade bread crumbs for crushed peanuts in homemade veggie burgers.
3. Blend peanut butter into hummus instead of tahini.
4. Spread peanut butter instead of cream cheese on your bagel.
5. Try peanut butter instead of butter or margarine on waffles or pancakes.

GRAB A HANDFUL OF PEANUTS ON THE GO OR DIP A SPOON RIGHT INTO THE PEANUT BUTTER JAR.

RECIPE: BAKED PEANUT CRUSTED TILAPIA

2 Tbsp all-purpose flour or peanut flour
1 large egg

1/4 cup crushed peanuts
2 tilapia filets (4 oz each)

1. Preheat oven to 425F.
2. Line up three wide shallow dishes. Put the flour in the first; beat the egg in the second; put the peanuts in the third. Season the tilapia filets with salt.
3. Dredge one filet in the flour, shaking off the excess. Dip the filet in the egg, then coat it with peanuts. Set the filet on a plate and repeat with the second filet.
4. Place the tilapia filets on a sheet pan coated with cooking spray and bake in the oven for 8-12 minutes until the fish flakes easily with a fork.

Optional: top with fried scallions and ginger.