Love Your Heart

Eat peanuts!

Several studies have shown that consuming peanuts, peanut butter, or mixed nuts 5 times per week can reduce the risk of heart disease, and even the risk of death. Improving heart health has never been so easy- or tasty!

Peanuts are a Good Source of Plant Protein

- With over 7 grams of protein per ounce, peanuts have more protein than any other nut.
- Research from Harvard School of Public Health shows that substituting a serving of red or processed meat with a serving of peanut butter, once per day, can reduce type 2 diabetes risk by 7-21%.
- Peanuts contain arginine, an amino acid used by the body to make nitric oxide. Nitric oxide is a vasodilator that supports blood vessel function.

Peanuts Contain Heart-Healthy Fats and Fiber

- Peanuts are a Good Source (≥10% DV) of fiber.
- Peanuts contain healthy monounsaturated and polyunsaturated fats.
- Research shows that diets high in monounsaturated fats, one of the fats in peanuts, peanut oil, and peanut butter, can help lower “bad” LDL cholesterol and triglycerides compared to the average American diet.

Peanuts Contain Essential Nutrients

- With 19 vitamins and minerals, peanuts contain an abundance of essential nutrients.
- Peanuts are an Excellent Source (≥20% DV) of manganese, and a Good Source (≥10% DV) of vitamin E, magnesium, niacin and copper.
- Peanuts contain numerous phytochemicals, such as resveratrol and phytosterols.

For more information, visit peanut-institute.org or peanutpower.org
4 Heart-Healthy Food Swaps

Breakfast
Instead of: Sugar-sweetened instant oats
Make it creamy
Add a spoonful of peanut butter and a dusting of unsweetened cocoa powder for protein-packed oatmeal that's loaded with flavor.

Dinner
Instead of: Chicken and veggie stir-fry
Add some crunch
Add healthy fats and plant protein to your meal by tossing peanuts into your next vegetable stir-fry.

Lunch
Instead of: Store-bought salad dressing
Dress simply
For a dose of heart-healthy fats, top your salad with a dressing made of peanut oil and balsamic vinaigrette. Toss with your favorite herbs and spices for added flair.

Dessert
Instead of: High-sugar ice cream
Lose the guilt
Blend 3 frozen bananas and 3 Tbsp peanut powder in a food processor for a healthier version of "ice cream"- without the added sugar.

References: