

# Heart-Healthy Peanuts

## Eat a Small Handful a Day... To Keep Heart Disease at Bay



### 1 PEANUTS CAN HELP DECREASE HEART DISEASE

A major new study published in the *New England Journal of Medicine* finds that eating nuts daily can reduce death from heart disease by 29%, and even eating peanuts just twice a week can reduce risk by 24%.<sup>1</sup>

#### Peanuts Can Help Decrease Bad Cholesterol

- Peanuts can help lower bad LDL cholesterol while maintaining good HDL cholesterol.<sup>2</sup>
- Different components of the peanut including healthy oils, protein, and fiber can help reduce cholesterol.<sup>3</sup>

#### Peanuts Can Help Decrease Blood Pressure

- A new study shows that eating peanuts regularly helps decrease blood pressure, even among individuals with high blood pressure: "...participants with elevated blood pressure at baseline had significant decreases in diastolic blood pressure..." after peanut consumption.<sup>4</sup>

### 2 PEANUTS ARE A NATURALLY LOW-SODIUM FOOD

Peanuts have almost no sodium,<sup>5</sup> and when salt is added to them, it stays on the surface so less is needed.

- Most salted varieties of peanuts have less than 140mg of sodium per serving, which is considered heart-healthy by the American Heart Association®.<sup>5,6</sup>
- 1-ounce of oil-roasted salted peanuts typically contains 91mg of sodium, which is less than half of the amount in 1-ounce of cheese puffs or salted pretzels.<sup>5</sup>

### 3 PEANUTS CONTAIN HEART-HEALTHY NUTRIENTS

Oil-roasted salted peanuts have about 8g of protein per ounce,<sup>5</sup> are a good source of fiber, Vitamin E, niacin, magnesium, and contain potassium and bioactives such as resveratrol and phytosterols, all of which may benefit heart health.<sup>7-12</sup>

### Peanuts Meet American Heart Association's® and US FDA's Criteria for Heart Health



Per 1 oz serving

Peanuts are among the list of foods certified by the American Heart Association's® Heart-Check Food Certification program\*.

American Heart

Association® research shows that nuts may reduce the risk of heart disease in individuals with high cholesterol.<sup>8</sup>

New American Heart Association® Cardiovascular Prevention Guidelines recommend eating peanuts and nuts! "Consume a diet that emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils and nuts."<sup>13</sup>



In 2003, peanuts earned a U.S. Food and Drug Administration (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."



\*Please note that the Heart-Check Food Certification program does not apply to serving tips or to scientific research by an organization other than the American Heart Association® unless expressly stated. For more information, see the American Heart Association®

Visit [www.peanut-institute.org/heart](http://www.peanut-institute.org/heart) to learn more and access helpful resources.

# Tips To Get Your Daily Intake of Peanuts and Peanut Butter

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Research continues to show that small amounts of peanuts or peanut butter daily can reduce the risk of heart disease. As America's most popular and affordable nut, it shouldn't be hard to get your daily intake. Here are some easy and delicious ways to incorporate peanuts and peanut butter into daily snacks and meals:

- Sprinkle peanuts on salads instead of croutons for an added crunch
- Add a scoop of peanut butter to your oatmeal in the morning
- Create your own trail mix with peanuts and dried fruit
- Use peanut butter instead of butter when baking brownies or cookies
- Toss in peanuts with your favorite stir-fry dishes
- Add peanuts to your granola and sprinkle over a healthy fruit and yogurt parfait
- Spread peanut butter on your toast or bagel in the morning instead of butter
- Dip your favorite fruits and vegetables in peanut butter
- Spruce up a peanut butter and jelly sandwich by adding different types of fruit or jams



**Or just keep it simple and grab a handful of your favorite peanuts as a perfect afternoon snack!**

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