



# TRY SALTED PEANUTS FOR A LOW-SODIUM SNACK

According to the CDC too much dietary sodium from salt can **increase your blood pressure** and **your risk for a heart attack and stroke**.<sup>1</sup>

- **Salted Peanuts are a low-sodium food.** According to the FDA, foods containing less than 140mg of sodium per serving can be considered a "low-sodium food".<sup>2</sup> Raw, dry roasted, oil roasted, and most salted varieties of peanuts meet this guideline.<sup>3</sup>
- **It's all surface salt.** Peanuts are naturally very low in sodium and most of the sodium in salted peanuts is surface salt that can rub off on your fingers or in the package.<sup>3</sup>
- **The top five sources of sodium in diet do not include peanuts.** The top five sources of sodium in the American diet are **bread**s and rolls, **cold cut meats, soups, poultry,** and **pizza**.<sup>4</sup>

## HEART-HEALTHY PEANUTS



♥ In 2003, peanuts earned the 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."

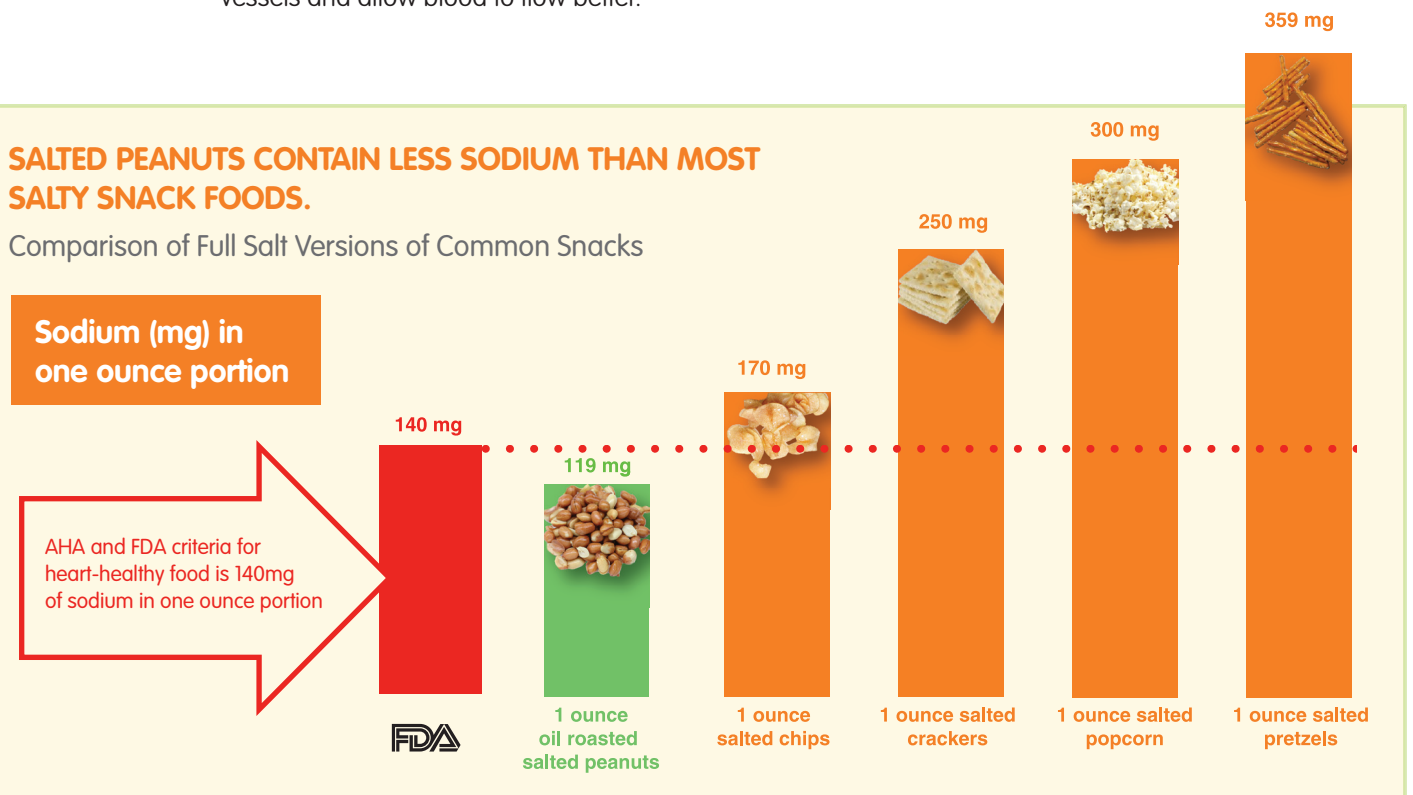


♥ Oil roasted salted peanuts are certified by the American Heart Association as a heart healthy food and eligible to carry the Heart Check Mark\* on their packages.

♥ Peanuts contain more Arginine than any other whole food, which can help to open up blood vessels and allow blood to flow better.<sup>3,5</sup>

## SALTED PEANUTS CONTAIN LESS SODIUM THAN MOST SALTY SNACK FOODS.

Comparison of Full Salt Versions of Common Snacks



## PAIR PEANUTS WITH POTASSIUM

Potassium has been shown to help reduce blood pressure and an increased intake may also help reduce the effects of high sodium intake on blood pressure.<sup>6</sup> Peanuts and peanut butter contain 6% of the daily value for potassium and both pair well with potassium rich foods such as adding raisins to make a trail mix for on the go or pairing peanut butter with a banana for a satisfying and healthy snack option.<sup>3</sup>



## Did you know

**A Peanut Butter Sandwich Has Much Less Sodium Than Most Deli Sandwiches.**

**The most popular lunch choice in America is a deli ham and cheese sandwich, which contains about 2,000mg of sodium! This is four times the amount of sodium in a peanut butter sandwich (contains about 480mg), and well over the 2010 Dietary Guidelines recommendation of 1500mg of sodium per day.<sup>3,7,8\*\*</sup>**

## REFERENCES

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\* Please note that the Heart-Check Food Certification does not apply to scientific research by an organization other than the AHA unless expressly stated. For more information, see the AHA nutrition guidelines at: [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines).

\*\* Sandwich analyzed using 1.5-ounces of deli ham, a 1-ounce slice of American cheese, and two 1-ounce slices of white bread. Compared to 2 1-ounce slices of white bread and 2 Tbs of salted peanut butter.