

PEANUTS DECREASE THE RISK OF TYPE 2 DIABETES



- A major study conducted by the Harvard School of Public Health showed that the risk of type 2 diabetes decreases the more frequently peanuts and peanut butter are consumed.¹
- A handful (1-ounce serving) of peanuts and a tablespoon (1/2 serving) of peanut butter a day can reduce the risk of diabetes by about 25%.¹
- Another large study suggested that replacing a serving of red meat with a serving of peanuts daily decreased type 2 diabetes risk by 21%.²
- A decreased risk of diabetes is seen in normal weight, overweight, and obese individuals who consume peanuts or peanut butter.¹

PEANUTS HELP CONTROL BLOOD SUGAR

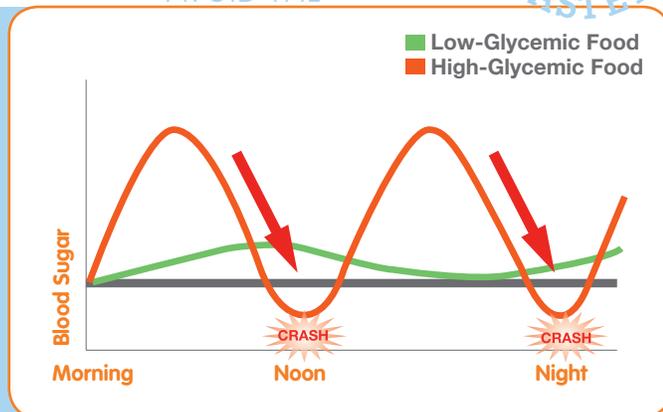
- Glycemic index (GI) assesses the quality of carbohydrate in foods by comparing and quantifying how your blood sugar responds after eating the same amount of carbohydrates from different foods. Foods with a low GI, like peanuts and peanut butter, are digested more slowly and release sugar gradually into the bloodstream.³

Higher GI foods can cause blood sugar and insulin to spike soon after eating, followed by a drop in blood sugar to levels lower than before consumption.³

This crash in blood sugar can make a person feel tired and hungry for more food, and the roller coaster cycle of highs and lows can contribute to the development of pre-diabetes and diabetes.⁴

Peanuts help keep blood sugar more even and prevent crashing, keeping energy levels and appetite in check.^{7,4}

AVOID THE ROLLER COASTER



- A recent study done by researchers at Purdue showed that consuming peanut butter or peanuts for breakfast can control blood sugar throughout most of the day, even after eating a high carbohydrate lunch.⁵
- Snacking on peanuts in place of high carbohydrate foods improves blood sugar control and lowers cholesterol in type 2 diabetic men and women.⁶
- Including peanuts and peanut butter as a part of a healthy diet may be as effective as prescribed medications in reducing long-term blood glucose, also known as hemoglobin A1C.⁷

PEANUTS ARE A DIABETES-FRIENDLY PACKAGE

- Peanuts and peanut butter have a positive effect on blood sugar control due to their unique package of nutrients including their high content of healthy oils, protein, and fiber.
- Peanuts contain very high levels of arginine, which causes the body to release more insulin and keep blood sugar more stable after eating carbohydrates.⁷
- Research shows high-oleic peanut oil can increase insulin production, improve blood glucose, and reverse negative effects of inflammatory proteins in obese, non-insulin dependent mice.⁸
- Peanuts contain 12% of the daily value for magnesium. Magnesium has been shown to play a role in risk reduction for diabetes due to its positive effects on the release and effectiveness of insulin in the body.⁹



Did you know

Peanuts are a low GI food. Research shows that low-GI diets may be as effective as prescribed medications in reducing long-term blood glucose, also known as hemoglobin A1C.¹⁰

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