

POWER YOUR DAY WITH PEANUT PROTEIN



Peanuts and peanut butter are packed full of protein and contain more protein than any other nut, with levels higher than one egg.¹ A one-ounce serving of peanuts contains about 8g of protein.¹ In addition, peanuts and peanut butter account for over two-thirds of all nuts eaten in the U.S., and peanut butter is one of America's most commonly consumed plant-proteins.²

PEANUT PROTEIN KEEPS GOOD COMPANY

- Unlike animal protein that can be high in cholesterol and saturated fat, peanut protein is a cholesterol-free, plant-based protein that carries with it additional components that have positive health benefits like fiber and bioactives. Peanuts also contain over 30 essential nutrients and are a good or excellent source of 8 vitamins and minerals.¹
- Peanuts are a "good source" of fiber according to the FDA.¹ Foods high in protein and fiber, such as peanuts and peanut butter, have been shown to help reduce appetite and promote satisfaction after eating them.^{3,4}
- One study showed the complete protein package found in peanuts can decrease appetite and the desire to eat when peanuts or peanut butter are paired with a whole grain for breakfast.⁵

PEANUT PROTEIN IS HEART-HEALTHY

- Peanuts contain more Arginine than any other whole food.¹ Arginine is an amino acid that helps to open up blood vessels to improve blood flow circulation. Research shows Arginine can significantly improve endothelial function.^{6,7}
- One study on hamsters showed that non-lipid components in peanuts, such as protein, Arginine, and micronutrients, may help reduce cholesterol and benefit heart health.⁸
- Replacing red meat in the diet with a plant-protein like peanuts can decrease the risk of heart disease by 19%.⁹

Did you know

A peanut butter sandwich with an 8oz glass of milk provides about 22g of protein, which is almost half of the daily value for the average person?¹





POWER YOUR WORKOUTS WITH PEANUTS

Peanuts and peanut butter offer an affordable and natural alternative to the endless amount of sports supplements and protein powders flooding the market today. They are a good source of protein, fiber, and many essential nutrients. Most athletes require twice as much protein as the average person to keep their muscles strong and healthy and decrease the risk of injuries.¹⁰

Peanuts are also high in vitamin E, an antioxidant important for reducing oxidative stress.¹ They are a good source of many B vitamins for energy metabolism, contain zinc for injuries and muscle repair, and provide iron important for delivering oxygen to muscles and tissues.¹

Try adding peanut butter to your protein shake for more flavor and nutrition, or store peanut butter and crackers or trail mix in your gym bag for a convenient and tasty source of essential nutrients to power your sport or activity.

PB&J PROTEIN SHAKE

2 Tbs Peanut butter

1 cup skim milk

1/2 banana

1/2 cup frozen berries

Add ingredients with ice and blend until smooth.



Provides:

360 calories

16g fat

41g carbohydrate,

5g fiber

16g protein

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