

Role of Nutrients in Peanuts and What A Small Handful Adds To Our Diets

Nutrient	Function in Body	1 Ounce of Peanuts
Vitamins		
NIACIN	Niacin helps convert food to energy. The digestive system, skin, and nerves also use niacin to function. Further, research shows that dietary niacin may protect against Alzheimer's disease and cognitive decline.	Excellent source 24% of RDA
FOLATE	Folate is especially important in infancy and pregnancy. It helps produce and maintain cells. Research shows that people who take in higher dietary folate may have an advantage when it comes to prevention of heart disease.	Good source Over 10% of RDA
PANTOTHENIC ACID	Pantothenic acid is critical in the metabolism and synthesis of carbohydrates, proteins, and fats.	Almost 10% of RDA
THIAMIN (B1)	Thiamin is essential for the functioning of the heart, muscles, and nervous system. It also helps cells in the body convert carbohydrates into energy.	Good source 10% of RDA
RIBOFLAVIN (B2)	Riboflavin has a key role in metabolizing fats, carbohydrates, and proteins.	2 Servings provide 5% of RDA
CHOLINE	Choline is critical for normal membrane structure and function. It is also important to lung function and memory development in infants.	Almost 5% of RDA
VITAMIN B6	Vitamin B6 is involved in protein and red blood cell metabolism and has a role in the nervous and immune systems. A higher intake of dietary vitamin B6 may be beneficial for heart disease.	Over 5% of RDA
VITAMINE E	Vitamin E is commonly known as an antioxidant, but it is also involved in immune function and regulation of certain metabolic processes. Since studies that have supplemented vitamin E have been mixed, eating peanuts is a great way to get it from a dietary source. Vitamin E is considered a hard-to-get nutrient as it was shown that over 90% of men and women were not meeting the recommendations for intake. New research shows that there is more vitamin E in peanuts that was realized.	Excellent source 20% of RDA
Minerals		
MAGNESIUM	Magnesium has multiple roles in the body. It maintains normal muscle and nerve function thereby keeping our heart rhythm steady. It supports a healthy immune system. It also promotes normal blood pressure, keeps bones strong, and helps to regulate blood sugar levels. A number of studies have shown that magnesium intake is associated with reduced inflammation and a decreased risk of metabolic syndrome and type 2 diabetes. People who eat peanuts have been shown not only to increase their intake of peanuts, but also their blood levels.	Good source 12% of RDA
PHOPHORUS	Phosphorus primarily functions in the formation of bones and teeth. It also helps synthesize protein for the growth, maintenance, and repair of cells and tissues.	Good source 15% of RDA
POTASSIUM	Potassium is critical to maintaining fluid and electrolyte balance in the body. It is important to brain and nerve function and is necessary for normal growth and muscle	Almost 5% of RDA

	development.	
ZINC	Zinc supports our immune systems, helps in wound healing, and is involved in building proteins. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.	Almost 10% of RDA
IRON	Iron is an integral part of many proteins and enzymes that maintain good health. It is involved in oxygen transport and helps regulate cell growth and differentiation.	Almost 10% of RDA
COPPER	Copper plays a role in the production of key proteins in our body such as collagen and hemoglobin, which transports oxygen	Excellent source 21% of RDA
MANGANESE	Manganese is a cofactor for many enzymes.	Excellent source 26% of RDA
SELENIUM	Selenium is an antioxidant helping to prevent cellular damage from free radicals. It regulates thyroid function and plays a role in the immune system.	Almost 5% of RDA
RDA = Recommended Dietary Allowance		