

Peanuts: Your Partner in Wellness

 National Peanut Board



Whether you prefer them salted, roasted or blended into peanut butter, peanuts are a nutrient-dense food, providing plant-based protein, fiber and over 30 essential micronutrients, making them perfect for adding healthful nutrition into any snack or meal. Peanuts are not only nutritious and delicious, but a powerful addition to anyone's wellness routine. Not to mention, busy families are redefining mealtimes and turning nutrient-dense snacks into meals more than ever before! Peanuts and peanut butter snacks are easy to incorporate into an on-the-go lifestyle and will keep you fueled longer.

As interest in health and well-being continues to grow, we've created your comprehensive guide to peanuts as a wellness food. Inside, you'll find insights into the functional benefits of peanuts, the advantages of early introduction, and a myth-busting section to help shoppers make informed choices about peanuts, peanut butter, and how they can be part of a balanced, everyday diet.



Functional Benefits of Peanuts

Protein Powerhouse

Protein plays a vital role in our diet. Eating a variety of protein sources, including plant-based foods like peanuts, can help provide necessary nutrients for muscle growth and reduce the amount of cholesterol in the diet. With seven grams of protein per ounce, peanuts have more protein than any other nut.



Unsaturated “Good” Fats

Peanuts have been linked to a reduced risk of heart disease as part of a diet low in saturated fat and cholesterol. One serving of dry-roasted peanuts contains twelve grams of unsaturated fat, only two grams of saturated fat and no trans-fat.



Packed with Vitamins

Peanuts are a good source of multiple important vitamins that serve important functions, such as: Vitamin E, a dietary antioxidant that helps to protect cells from oxidative stress; magnesium, important for muscle and enzyme function and energy production; copper, a nutrient essential for red blood cell formation and for healthy blood vessels, nerves, immune system and bones; and many others such as phosphorus, fiber, manganese and niacin.

Peanuts & Wellness for the Whole Family

Did you know that up to 86% of peanut allergies can be prevented? The early introduction of peanut foods sets infants up for a lifetime of adventurous eating with a diverse palate by preventing potential peanut allergies. Parents can pass on their passion for wellness by introducing baby-safe peanut foods to their children between the ages of 4-6 months and including them in the diet early and often, as recommended by the [American Academy of Pediatrics](#) and the [Dietary Guidelines for Americans](#).



Myth Busting

Myth #1: Natural peanut butter is the healthiest peanut butter.

When [comparing the nutrients on the label](#) of two of the most popular brands of natural peanut butter (made with just peanuts and salt) and regular peanut butter (made with fully hydrogenated oil,) we found that there was no difference in the amount of saturated fat between the two. The sugar in regular peanut butter amounts to about ½ teaspoon per serving, a very small contribution when you consider the most common sources of added sugar in the diet.

There is such a variety of peanut butters on the market, but it's important to remember that whether the peanut is natural or regular, it will contain nutritional goodness and great taste.

Myth #2: Peanuts and peanut butter are high in unhealthy, saturated fat.

Most of the dietary fats in peanuts and peanut butter consist of "good" fats (mono- and poly-unsaturated fats). Approximately 81% of the fat in peanuts is "good" fat (unsaturated). Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Additionally, fully hydrogenated oil does not contain trans-fat and all major brands of peanut butter in the U.S. contain zero grams of trans fat per serving.



Myth #3: Regular peanut butter contains added seed oils that are inflammatory.

The fully hydrogenated seed oils found in conventional peanut butter varieties offer essential omega-6 fatty acids. Like their omega-3 counterparts, omega-6 fatty acids are not made by the body, making it important, or "essential," to obtain them through diet. Omega-6s are polyunsaturated fatty acids, and while they are more abundant in the Western diet than omega-3 fatty acids, they are still part of a healthy diet. The Institutes of Medicine (IOM) and the American Heart Association recommend 5-10% of daily caloric intake comes from omega-6 fatty acids.

On-the-Go Recipes

Peanut Butter Breakfast Parfaits

These creamy parfaits provide good fats with delicious flavor and are the perfect breakfast to make ahead and take on-the-go.



Creamy Peanut Butter Chia Energy Bites

These little energizer bites are a powerful midday snack and stay good in the refrigerator for up to two weeks.



Peanut Crunch Bar

Featuring peanuts, peanut butter, and peanut powder, these crunch bars are ideal for peanut lovers to snack on all day.



Peanut Butter Chia Power Bar

Who says wellness can't be a little sweet? These power bars not only satisfy hunger but provide multiple nutrients in a tasty package.

Peanut Trail Mix

Trail mix is a classic for a reason. Full of protein and fiber, this peanut trail mix is great for on-the-go.



Social Media

Peanut Butter Breakfast Parfaits

Looking for an easy, make ahead breakfast that you can take with you on-the-go? Look no further than these [Peanut Butter Breakfast Parfaits](#), offering good fats to support your wellness goals.



Early Introduction Social Post

New parents: did you know that up to 86% of peanut allergies can be prevented? The early introduction of peanut foods sets infants up for a lifetime of wellness by preventing potential peanut allergies.

Learn more [here](#).

**Hungry for more
peanut-powered wellness?**

Join the



and take a crack at wellness.

