

Friday, September 13, 2024 is National Peanut Day

#SUPERPEANUTS



19

in one ounce serving (about 35 peanuts)

Vitamins & Minerals

many of which fight heart disease

B group vitamins, vitamin E, iron, zinc, potassium, magnesium

7 grams of Protein

can contribute to lower blood sugar & keeps you feeling full

in one ounce serving (about 35 peanuts)

Healthy Fats

that help decrease bad LDL cholesterol and increase good HDL cholesterol

Omega-6

Antioxidants block the aging effects of free radicals, which are linked to heart disease, stroke, certain cancers, and macular degeneration

Antioxidants & Flavonoids

peanuts deliver superior health benefits in a small serving

Fiber

the combo of fiber and protein in peanuts and peanut butter keeps you feeling fuller longer &

the fiber prevents sudden, sharp spikes in blood sugar

feeling fuller longer can help with weight management

Bioactive Compounds

shown to help reduce cardiovascular disease and cancer risk, lower inflammation and cholesterol and improve blood flow



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