

Peanut Butter

Peanut butter is a protein-packed spread popular around the world. It's made of ground peanuts—often roasted first—blended into a thick paste.

Peanut Butter Benefits

Peanut butter is a concentrated source of nutrition that may offer potential health benefits. One study showed that eating peanuts every day can lower the overall risk of death by up to 21%—and reduces the occurrence of heart disease by 38%.

Is peanut butter good for you?

In moderation, peanut butter offers the following health benefits:

Improved heart health:

One of the main fats in peanut butter is oleic acid. When substituted for other fats in your diet, oleic acid helps maintain good cholesterol, blood sugar, and blood pressure. Managing these levels in your body can lower the risk of heart disease.

Peanut butter also contains omega-6 fatty acid. This fatty acid lowers bad (LDL) cholesterol and increases good (HDL) cholesterol. In addition, peanuts are a natural source of arginine, an amino acid that may prevent heart and vascular disease by promoting good blood vessel function.

Reduced risk of diabetes:

Oleic acid also lowers the body's insulin resistance, a condition that raises your blood sugar and leads to diabetes. Research shows that peanut butter's omega-6 content may have this same effect as well.

Anticancer properties:

Peanuts are a great source of antioxidants like manganese, vitamin E, and B vitamins. These compounds act to prevent and repair cell damage in your body, and this effect can lower your risk of chronic diseases like cancer.

One of peanut butter's most powerful antioxidants is coumaric acid—and research found that its activity is boosted by 22% if you roast peanuts before whipping them into a butter.

It also contains resveratrol, an antioxidant that has anticancer effects and may lower the risk of obesity, heart disease, and cognitive decline.

Peanut butter for weight loss:

The healthy fats in peanut butter are called monounsaturated and polyunsaturated fatty acids. These fats are associated with a lower risk of weight gain and obesity when consumed as part of a healthy diet.

Foods high in healthy fats, proteins, and fiber—like peanut butter—also take longer for our bodies to digest, which can keep us feel fuller for longer and lower our risk of overeating.

While weight loss and management depend on a healthy diet and lifestyle, research suggests that peanuts can assist with these goals.

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