



Stop for a Peanut Pause, and Power Through Your Day!

Take a quick break for a serving of peanuts or peanut butter every day and feel the amazing health benefits for years to come.

We all have a moment of our day when we feel a little hungry, and a lot run down — but it doesn't have to be that way. In fact, by grabbing just one serving of peanuts or peanut butter daily, you'll start feeling the difference. That's because they contain a beneficial blend of protein, healthy fats, phytochemicals and more that help you power through your day, and promote a healthy life!

#PEANUTPAUSE



MORNING

When eaten in the morning, peanut butter has been shown to reduce cravings and increase feelings of fullness through lunch.



AFTERNOON

Unlike many other afternoon snacks, peanuts have a low glycemic index. That means they can deliver energy now, without the crash later.



EVENING

Peanuts have shown to help prevent the urge to snack later in the day, which can help prevent the weight gain caused by nighttime snacking.



#PEANUT PAUSE



The
**Peanut
Institute**

7 reasons to love your daily Peanut Pause:

- 1** Stay full and focused all day long with a unique blend of hunger-satisfying protein and healthy fats.
- 2** Peanuts help protect against the dreaded end-of-day “crash” caused by spiking blood sugar, which means you won’t have to rely on sugary snacks or energy drinks.
- 3** Peanuts can help your body better prepare for and recover from workouts, thanks in part to containing more protein than any other nut.
- 4** Support healthy weight management and feel more satisfied by reducing your urge to snack, thanks to protein and healthy fats.
- 5** Daily consumption of peanuts and peanut butter has been linked to reduced risk of major chronic diseases, including heart disease, cancer and diabetes.
- 6** Stay sharp with healthy fats and vitamins that can help promote improved cognition and overall brain health — for today, and all through life
- 7** Support a healthy immune system with a wealth of hard-to-get vitamins and minerals.

Get your daily serving of peanut and peanut butter facts, recipes, and more by following us on Facebook, Twitter, Instagram and Pinterest.