

Does eating

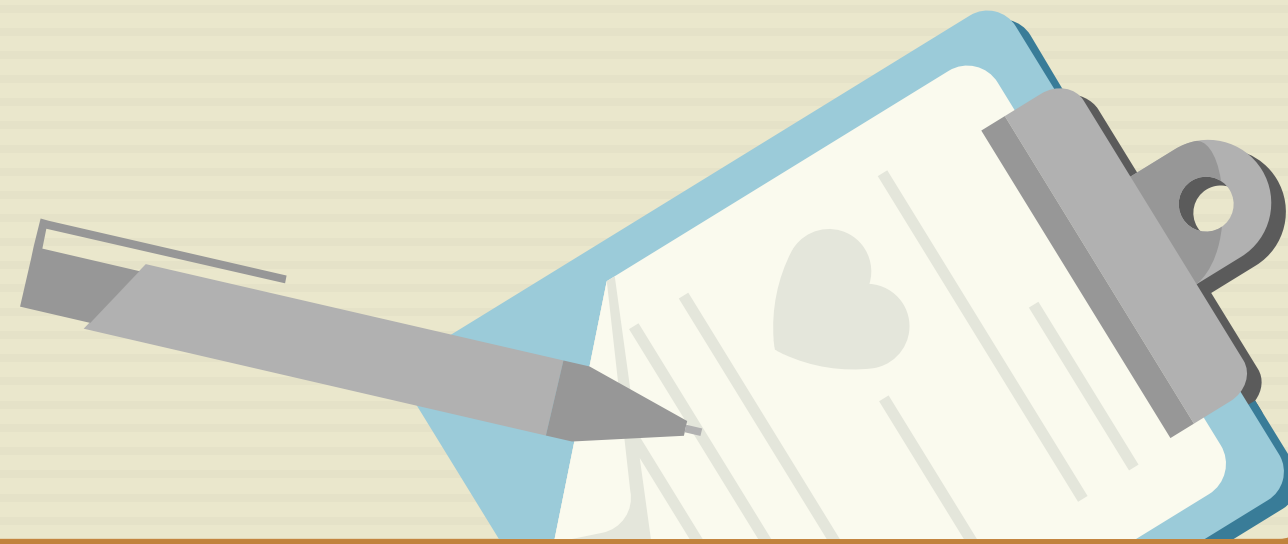
PEANUTS

every day keep the

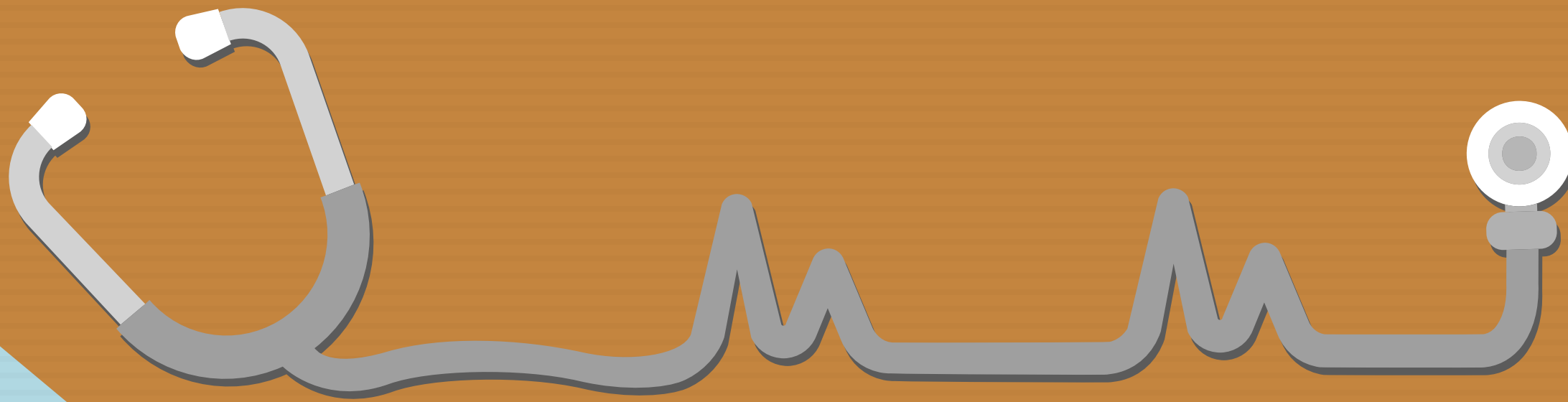
CARDIOLOGIST away?



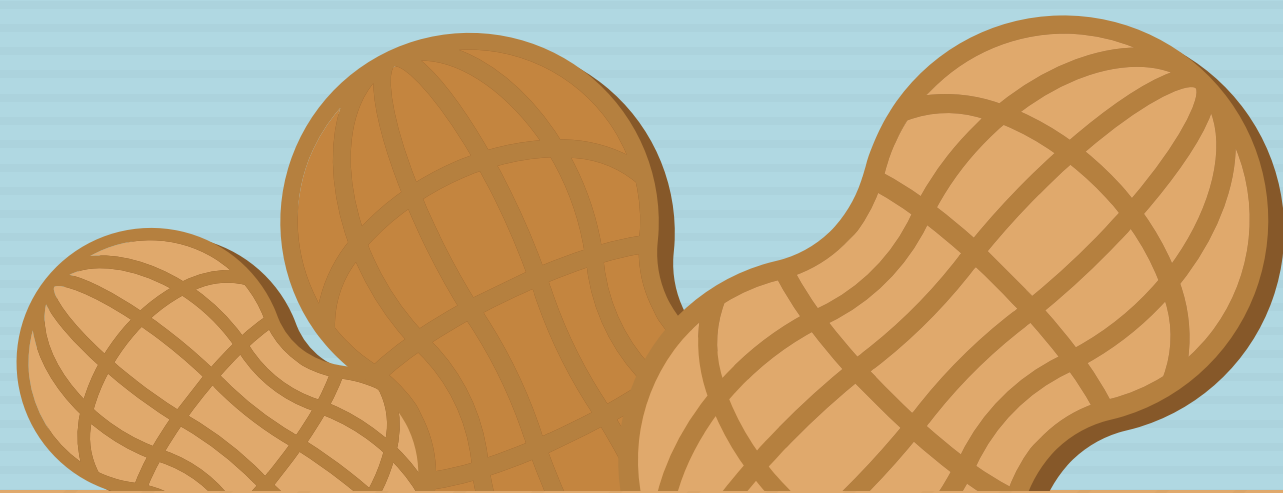
Consuming peanuts two or more times per week can lower risk for Coronary Heart Disease by 15% compared to those who almost never consume peanuts!



People who consume peanuts two or more times per week had a 13% lower risk of Cardiovascular Disease (CVD).



People eating peanuts around two times per week had a 10% lower risk of stroke than those who ate peanuts occasionally or never at all.



Department of Nutrition, Harvard TH Chan School of Public Health
Boston, Massachusetts

Journal of the American College of Cardiology

Vol. 70, No. 20, 2017

Marta Guasch-Ferré, PhD, et al.



The Peanut Institute
www.peanut-institute.com