

HEART HEALTHY PEANUTS



THE Peanut Institute
www.peanut-institute.com



Heart-Check* Facts



The most recognized symbol on food packages today.¹

Guides shoppers in making heart-healthy food purchases.¹

Trusted by a majority of grocery shoppers.¹

Select peanuts are among the list of foods certified by the American Heart Association's[®] Heart-Check mark* program.



American Heart Association[®] certified nuts must meet specific criteria.²



Some brands of oil roasted salted peanuts meet these nutritional criteria.²

Healthy Heart

The risk of heart disease decreases the more frequently you eat peanuts or peanut butter.³

DAY

Eating a small handful of peanuts 1 to 2 times per week decreases the risk of death by 37%.³

+ 160,000

Four large studies totaling over 160,000 men and women showed that eating about 1 ounce of peanuts weekly can cut the risk of death from heart disease by more than one-third.³

Heart Healthy Ingredients

Peanuts contain healthy oils and are high in plant protein.

Peanuts meet the saturated fat limit set by the American Heart Association[®] for nuts, and are trans fat-free.⁴

One study showed that replacing red meat with a plant protein like peanuts can decrease the risk of death from heart disease by 19%.⁵

1 oz

8g of protein⁴

no cholesterol⁴

Low In Sodium

In order to be considered low sodium, nuts must contain less than 140mg of sodium per label servings.⁴

Some brands of oil roasted salted peanuts contain only 119mg per 1 ounce serving.⁴



Due to the strength of evidence of peanuts and heart health, the FDA released a qualified health claim in 2003 that states "Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."



*Please note that the Heart-Check Food Certification does not apply to scientific research by an organization other than the AHA unless expressly stated. For more information, see the AHA nutrition guidelines at: heartcheckmark.org/guidelines.

References

1. American Heart Association Quantitative Study. http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/heart-Check-Mark-for-Food-Manufacturers_UCM_300866_Article.jsp#Tw350UZ3xRE
2. American Heart Association. http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/heart-Check-Mark-for-Food-Manufacturers_UCM_300914_Article.jsp#Tw3tX_IF9oM
3. Sabate J, et al. Nuts and health outcomes: new epidemiologic evidence. *Am J Nutr.* 2009; 89 (suppl): 1S-6S.
4. U.S. Department of Agriculture, Agricultural Research Service. 2009, USDA National Nutrient Database for Standard Reference, Release 22. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnr/nd/>
5. Pan A, et al. Red Meat Consumption and mortality. *Arch Int Med.* 2012, 172(7): 555-563.