



## Defend Against **DIABETES** with **PEANUTS**

A nutrient-packed food  
with powers of prevention  
and management.

Nuts are considered a “Superfood” by the American Diabetes Association. Peanuts have long been known to those in the diabetic community for being a nutritious, hunger-satisfying, low-glycemic snack. But that’s just the beginning of the benefits that peanuts and peanut butter can offer.

## The Power of **PLANT-BASED DIETS**



**9 STUDIES** with a total of 307,099 participants showed a positive relationship between plant-based diets and preventing type 2 diabetes. Diets enriched with nuts were shown to be especially effective.

## Help for a **GROWING ISSUE**

**34 MILLION** people in the United States are currently living with diabetes, with 1 in 5 of them not realizing it.

**88 MILLION ADULTS** (over a third of the US population) have prediabetes, with 84% being unaware.

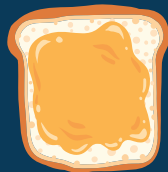
**90-95%** of diabetic cases are type 2 diabetes, which is mostly avoidable— and peanuts can both help prevent and manage the condition.



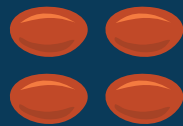
## IMMEDIATE BENEFITS / AN OUNCE OF PREVENTION



**1 SERVING** (1 oz.) of peanuts eaten as an evening snack **improved blood sugar levels** the next morning.



**21% REDUCED RISK** of developing type 2 diabetes for women who **consumed peanut butter 5 times per week.**



**53% REDUCED RISK** for diabetes in participants who **consumed nuts at least 4 times per week** compared to those who consumed none.



**A 2020 STUDY** found that diets high in fresh veggies and fruit, whole grains, lean dairy, fish and nuts (including peanuts) were associated with a **lower risk of type 2 diabetes.**

*Red and processed meat, refined grains, and sugar-sweetened beverages, raised the risk.*



**FOLLOWING A MODIFIED VERSION** of the **Mediterranean Diet** that includes nuts has also been associated with reduced rates of type 2 diabetes.



## ALMONDS or PEANUTS?

While both nuts can help improve glucose levels in diabetic patients, peanuts have the added benefits of being more affordable, and more sustainable (due to the large amount of water required to grow almonds).

**“This study highlights that people can choose peanuts as a low-cost option to get the same benefits that they would from a more expensive nut like almonds.”**

**- Dr. Samara Sterling,  
Director of Research for the Peanut Institute**

## FOOD for THOUGHT

Whether you're managing diabetes or looking for a diet that can help prevent it, peanuts and peanut butter provide key nutrients that support your goals, especially when added to diets with a variety of nutritious, plant-based foods.

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