

Are peanuts good for a kid's health?

When it comes to growing up strong, it's important to help kids develop healthy habits early. From protein that helps kids feel full and stay focused, to bioactives, minerals and more that help protect against several conditions, peanuts and peanut butter provide an affordable way to deliver the nutrition they need at every age.

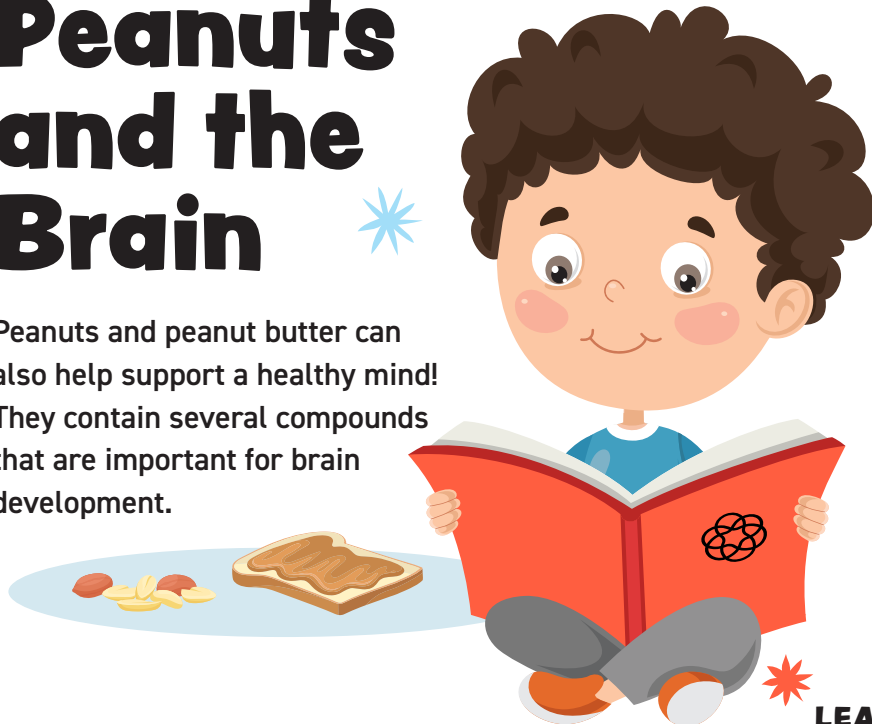


Peanuts and the Body

As kids grow, so do their protein needs. Peanuts contain more protein than any other nut, and, along with peanut butter, are recommended by the Academy of Nutrition and Dietetics as a way to help kids meet those needs. Plus, they offer benefits for healthy development.

Peanuts and the Brain

Peanuts and peanut butter can also help support a healthy mind! They contain several compounds that are important for brain development.



Benefits that grow with you

Even after kids are all grown up, peanuts and peanut butter contain a host of nutrients that help them stay healthy.



LEARN MORE ABOUT THE SUPER POWERS OF PEANUTS AT PEANUT-INSTITUTE.COM