



Peanuts vs. 

Which one is Heart Healthy?

Nutrition Information		
<u>Nutrients</u>	<u>Dry Roasted Peanuts w/o Salt</u> 1.5 oz. serving	<u>Plain M&M's</u> 1.5 oz. serving
Calories (Kcals)	214	210
Total Fat (grams)	18	9
Saturated Fat (grams)	2.5	6
Monounsaturated Fat (grams)	9	0
Polyunsaturated Fat (grams)	6	2
Total Carbohydrates (grams)	8	30
Sugar (grams)	2	27
Fiber (grams)	3	1
Protein (grams)	9	2

Both peanuts and M&M's are high calorie and high fat foods, however the peanuts provide a majority of their fat as unsaturated fat, either monounsaturated fat or polyunsaturated fat. The M&M's on the other hand provide most of their fat as saturated fat; the bulk of the M&M's calories come from simple sugars. The poly- and monounsaturated fats found in all nuts, like peanuts, are much healthier for your heart than the saturated fats found in foods, like M&M's, potato chips, and french fries. Poly- and monounsaturated fats lower the levels of the bad cholesterol, LDL, in our blood, and therefore decrease one's risk of heart disease. Saturated fats on the other hand raise the levels of LDL in our blood, and therefore increase one's risk for heart disease. The monounsaturated fat found in nuts may also provide an additional benefit besides decreasing the level of LDL in our blood. Research shows that monounsaturated fats may help to keep our body's level of good cholesterol, HDL, at optimum levels, thus further decreasing one's risk for heart disease.

Besides providing your heart with healthy fats, nuts also are an excellent source of protein, vitamin E, plant sterols, and phytochemicals. Each of these nutrients plays important role in protecting your body from chronic diseases, like cancer and heart disease.

