

*The Perfectly*  
**POWERFUL**  
*Peanut*

# Go Plant-Forward with Peanuts

Peanuts and peanut butter are sustainable ingredients that add plant-based protein and flavor to any dish.

## They benefit:

**Our health** - with more protein than any other nut and over 30 essential vitamins and nutrients

**Our planet** - with a small environmental and water footprint making them a sustainable protein source

**Our economy** - by supporting over 7,000 peanut farming families, local communities, and businesses across the supply chain in the U.S.

Now that's  
perfectly powerful.

[NationalPeanutBoard.org](http://NationalPeanutBoard.org)

