

# How Do Hubs Peanuts Fuel Your Day?

By now everyone knows that nuts are NUTritious. The biggest dilemma people have today is trying to decide which are best because all nuts are not created equally. In fact nuts are not grown in the same way, have the same impact on the environment, or are as easily attainable or affordable.

In our opinion, no other nut can compete with peanuts as a delicious, nutritious and affordable snack. Here are a few reasons we believe Hubs peanuts....which are really legumes...are a great way to fuel your healthy lifestyle.

With 7 powerful grams of plant based protein, Hubs create quick energy and control blood sugar so that you exercise more efficiently, burn calories, and build muscle.

Hubs are naturally cholesterol and gluten free and Non-GMO certified.

Hubs have twice as much folate as almonds. Studies indicate folate decreases the risk of strokes and helps prevent memory loss.

Hubs have 4 times more niacin than almonds. Niacin decreases the risk of cardiovascular disease by lowering the LDL (bad) and increasing the HDL (good) by 11- 14%.

Recommended by the American Diabetes Association, as a low response food (14) on the Glycemic Index, the high fiber content in Hubs makes you feel full quicker, snack less, and promotes weight loss.

Phytosterol beta-sitosterol (SIT), found naturally in Hubs, has been shown to inhibit cancer growth. SIT may offer protection against colon, prostate, and breast cancer, all of which tend to occur more in Americans than in other populations.

Hubs are little gold mines of nutrients. Peanuts have almost half of the 13 vitamins essential for normal growth and health and 35% of the essential minerals.

