

Peanuts provide much-needed protein for GLP-1 users

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Today, an increasing number of Americans are taking GLP-1 medications to combat obesity and type 2 diabetes, which are serious health issues. GLP-1s deliver several benefits, including reduced appetite, better weight management and improved blood sugar control. However, there can be significant side effects.

"While GLP-1s can promote weight loss, some research shows that up to 60 per cent of the loss can come from lean mass rather than fat," says Samara Sterling, Ph.D., a nutrition scientist and director of research for The Peanut Institute. "That's why it's vitally important for users to closely monitor their diet to ensure they're eating enough nutrient-rich foods, including those that are healthy sources of protein. Specifically, protein supports tissues in the body, including muscles, bones, cartilage, skin and blood."

That's where peanut products come in. Peanuts and peanut butter can be a key dietary element for GLP-1 users because peanuts contain significant amounts of protein, fibre and healthy fats. Research suggests those three macronutrients can help support the body's natural GLP-1 response. In addition, the Cleveland Clinic recently shared that "eating peanuts may help you maintain a healthy weight and avoid obesity."

According to the United States Department of Agriculture Nutrient Database, a single serving of peanuts (about 1 ounce) packs seven grams of protein, which is more than any other nut. In addition, peanuts are a plant-based protein, and a long-term study found that swapping one daily serving of animal protein for plant protein (like peanuts or peanut butter) decreases the risk of developing type 2 diabetes.

Another benefit of peanuts is that they are packed with 19 vitamins and minerals, including niacin, vitamin E and magnesium. Peanuts provide 25 per cent of the recommended daily allowance (RDA) of niacin, which aids skin and nerve function and the

digestive system and protects against Alzheimer's disease and cognitive decline.⁸

On top of that, peanuts are an excellent source of vitamin E, an antioxidant that supports immune function and is a "hard-to-get" nutrient for men and women. In addition, per serving, peanuts deliver 12 per cent of the RDA of magnesium, which has been found to aid blood sugar, heart rhythm, the immune system, blood pressure and even bones. Magnesium intake is also associated with reduced inflammation and a reduced risk of metabolic syndrome and type 2 diabetes.