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Consumption of peanuts delivers cognitive benefits, reduces stress in young adults: Study

The University of Barcelona in Spain has released new research showing that consumption of peanuts and peanut butter may improve cognitive function and reduce stress in healthy young adults.

By **Manbeena Chawla** | September 24, 2021



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Focuses on improvement of memory function and stress response after consuming regular peanuts and peanut butter

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Researchers point to the polyphenols in peanuts that likely aided memory, executive function and processing speed and resulted in a reduction of cortisol, anxiety and depressive levels in a control group of mostly college students.

According to the researchers, this is first-of-its-kind research that points to the potential ’brain benefits’ of peanut and peanut butter consumption in a younger demographic. The results show that a small addition to the diet can have a significant impact.

Even peanut skins have been found to deliver benefits. A 2016 randomized controlled trial found that peanuts eaten with skins improved both cerebrovascular and cognitive function in men and women.

Read online: https://nuffoodsspectrum.in/news/17/18045/consumption-of-peanuts-delivers-cognitive-benefits-reduces-stress-in-young-adults-study.html
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