

FREE GUIDE • DIET SWAD

Peanuts Ka Poora Sach

India's most underrated protein - what peanuts actually give you, the myths worth dropping, and the right way to eat them

You unlocked this guide by commenting 'PEANUT' - thank you!



Ancient Wisdom, Modern Life

Diet Swad | Ancient Wisdom, Modern Life | FSSAI Lic. No. 22825041000300 | dietswad.in | [@dietswad](https://www.instagram.com/dietswad)

What's inside

1. The most underrated food in the Indian kitchen
2. What you actually get
3. Four myths worth dropping
4. The right way to eat them
5. An important safety note
6. The summary

The most underrated food in the Indian kitchen

Peanuts are cheap, so we assume they are basic. Almonds get the health halo and the price tag; moongphali gets the railway platform.

Nutritionally that ranking is upside down. Gram for gram, peanuts hold their own against nuts costing several times more - and they are the one 'health food' almost every Indian household can genuinely afford every single day.

What you actually get

- **Protein** - among the highest of any commonly eaten nut or seed, which matters a great deal in a mostly vegetarian diet.
- **Good fats** - mainly the unsaturated kind, the same family found in olive oil.
- **Fibre** - so they satisfy, instead of only adding calories.
- **Minerals and B-vitamins** - magnesium, phosphorus, niacin, folate.
- **Honest note:** peanuts are energy-dense. A fistful is a snack. Half a bowl in front of the TV is a meal you did not notice eating.

Jargon buster: peanuts are not nuts

Botanically they are legumes - closer to dal and beans than to almonds, and they grow underground rather than on trees. Mostly trivia, except for one thing: it is why peanut allergy and tree-nut allergy are two separate conditions.

Four myths worth dropping

The myth	What is actually true
"Peanuts cause pimples"	Plain roasted peanuts are not the issue. The chilli, the deep-frying oil and the heavy salt on masala peanuts are likelier culprits - and even then, skin is affected by far more than one snack.
"Peanuts are fattening"	They are calorie-dense, which is not the same thing. Protein and fibre keep you full, so they often stop you eating something worse an hour later. Portion is everything.

The myth	What is actually true
"Peanuts produce heat in the body"	A traditional belief rather than a nutritional one. If they feel heavy to you, that is usually the roasting oil and salt rather than the peanut itself.
"Peanut butter is the healthy way to eat them"	Only if the label reads peanuts and salt. Many jars add sugar and palm oil - at which point it is a sweet spread wearing a health label.

The right way to eat them

1. **Choose dry-roasted over fried.** Roasting needs no added oil. Fried-and-salted turns a good snack into a salt delivery system.
2. **Keep the skin on where you can.** That papery red skin carries antioxidants and a little extra fibre.
3. **Watch the portion.** A closed fistful, roughly 25-30g, is a proper snack portion.
4. **Pair them.** Peanuts with jaggery, or with sesame, is an old Indian combination that works - the humble chikki was well ahead of its time.
5. **Store them airtight.** Peanuts absorb moisture and go stale fast. If they taste bitter or musty, throw them out rather than finishing the packet.

An important safety note

Peanut allergy is serious - please read

Peanut allergy is one of the more severe food allergies and can be life-threatening. If you or your child has ever reacted to peanuts, please do not experiment on the strength of a guide like this one - speak to a doctor. Any product containing peanuts must say so on the pack, and ours do. Always read the allergen line.

The summary

"Peanuts are not a poor man's almond. They are an affordable, high-protein food that never needed marketing."

Peanut-Sesame Delights

Peanuts and sesame together, bound by Arabian dates (50%) instead of refined sugar - 2.0g protein per bite, no refined sugars, no artificial sweeteners. The traditional peanut-and-til pairing, made without the sugar syrup. Rs.499, FREE shipping - dietswad.in. Contains peanuts and sesame, stated clearly on every pack.

Enjoyed this guide?

Follow [@dietswad](https://www.instagram.com/dietswad) on Instagram for honest, no-jargon nutrition content in simple language, every single day. And when you want a snack whose label you never have to worry about - every Diet Swad product is ₹499 with FREE shipping all over India. Visit dietswad.in (link in bio).

This guide shares general nutrition information in simple language, prepared by the Diet Swad team. It is not medical advice. If you have a health condition, an allergy, or special dietary needs (pregnancy, diabetes, children under 2, etc.), please talk to your doctor or

a qualified dietitian before making changes. All ingredient examples describe common label patterns, not any one specific brand.