

Hearts&Minds™

Peanut Butter with Olive Oil and Omega-3



Frequently Asked Questions

What are the health benefits of olive oil?

Olive oil is thought to help reduce the risk of heart disease by lowering cholesterol levels when consumed in place of saturated fats (typically found in meat and dairy products). Olive oil may also reduce inflammation, clotting and blood pressure. It also reduces glucose levels in diabetics.

What are the health benefits of Omega-3s(EPA/DHA)?

Omega-3s(EPA/DHA) are known to reduce the risk of heart attacks in people who have heart disease and to lower triglycerides. They may help lower blood pressure and it has been shown that people who have higher levels of these Omega-3s in their diet have reduced incidence of heart disease. In recent years, there have also been promising reports that they may help manage depression, attention deficit hyperactivity disorder (ADHD) and increase learning and focus. Finally, Omega3s are critical to infant brain and eye development and are recommended for pregnant and nursing mothers.

How much Omega-3(EPA/DHA) should be part of a healthy diet?

The American Heart Association recommends that healthy adults need around 300mg of Omega-3s(EPA/DHA) per day and adults with heart disease need up to 2000mg per day. Hearts&Minds Peanut Butter with Olive Oil and Omega-3(EPA/DHA) contains 100 mg of Omega-3s(EPA/DHA) per serving.

Is this product part of a low-fat diet?

Hearts&Minds Peanut Butter can help a low fat diet be healthier by substituting olive oil and fish oil for other less healthy fats, such as dairy and animal fats. It can also make it easier to eat right because it takes a food you love to eat and makes it better for you.

What types or forms does this product come in?

Hearts&Minds Peanut Butter with Olive Oil and Omega-3(EPA/DHA) currently comes in both a creamy and crunchy type natural stir version. We also plan to introduce a lightly sweetened "No-Stir" version soon.

Why does oil collect at the top of the jar?

"Natural" peanut butters have a layer of oil on top because the oil is lighter than the other solids in the ground peanuts and separates over time. This is perfectly normal. Simply stir before using and refrigerate after opening to reduce separation.

Does adding Omega-3 and using olive oil instead of peanut oil affect the taste?

In blind taste tests comparing Hearts&Minds Peanut Butter with Olive Oil and Omega-3(EPA/DHA) to other natural peanut butters, we consistently score higher in peanut taste. We use high quality, natural ingredients and slow roast our peanuts to ensure that Hearts&Minds tastes great!

Where can I buy your products?

We are working with distributors and your favorite grocery stores to expand the number of stores that carry our product. Please visit our website (www.hearts-n-minds.com) or contact us for specific retailer information. We can also ship an order directly to you; we do charge \$3.50 per order for handling, but offer free shipping regardless of the quantity.