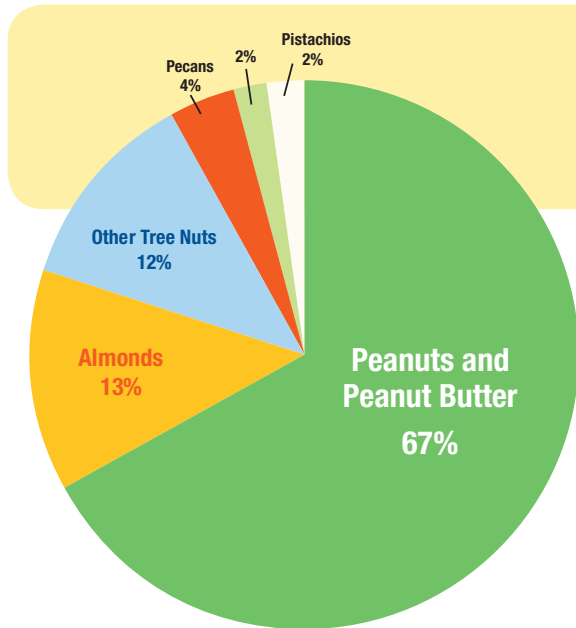




PEANUTS ARE THE MOST POPULAR NUT

Peanuts are the most commonly eaten nuts in America. When peanut butter is factored in, they comprise over 2/3 of the nut consumption in the U.S.



Research shows that peanuts have an enjoyable flavor and people do not get tired of eating them, even after 8-weeks of replacing all fat in the diet with peanuts!³³

DID YOU KNOW

Peanuts are actually legumes

(similar to beans, lentils, peas, and soybeans), but **are categorized by the USDA as "nuts"** for the purposes of nutrition research, tracking consumption, and recommended dietary patterns.

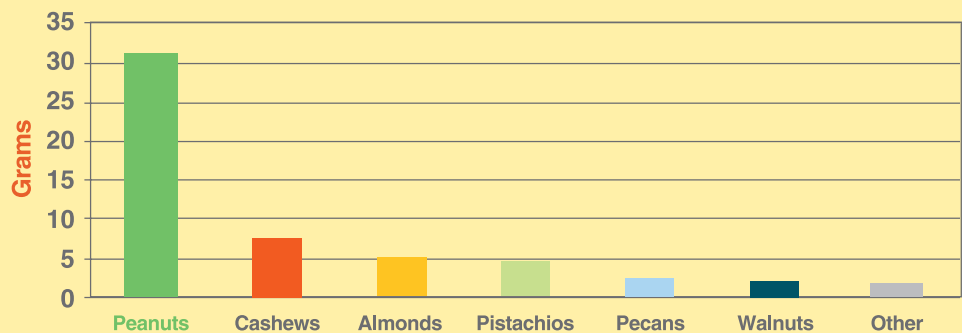
Source: USDA-ERS, 2009



PEANUT BUTTER IS ONE OF THE MOST FREQUENTLY CONSUMED PLANT PROTEINS IN THE U.S.⁷⁰

The mean daily peanut consumption is more than four times that of cashews, six times more than almonds, seven times more than pistachios, 14 times more than pecans, and 15 times more than walnuts. Peanuts are not only popular, but also provide the body with necessary nutrients.

GRAMS PER DAY PEANUT CONSUMPTION



Source: WWEIA, NHANES 2001-2004, 1 day, 19+ years

EATING PATTERNS



USDA MYPLATE

Peanuts are eaten like nuts as snacks and are included in the US dietary guidelines and related dietary guidance represented in the “protein group,” along with other types of nuts.⁷¹

Peanuts are considered part of the protein group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake.

Peanuts and peanut butter are a nutrient-dense protein source bringing more nutrition than animal foods. They provide about 8g protein per serving, and are a good source of fiber and many vitamins and minerals.

“Some protein products, particularly some animal-based sources, are high in saturated fat, so non-fat, low-fat, or lean choices should be selected. **Fat in-take should emphasize monounsaturated and polyunsaturated fats**, such as those found in seafood, **nuts**, seeds, and oils.”

- Dietary Guidelines 2010

Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

USDA, 2011

Not only can eating a handful of peanuts a day reduce the risk of many chronic diseases, but an ounce of peanuts provides about 1/3 of the USDA daily protein requirements for most children and adults.

**1 OUNCE OF NUTS
OR SEEDS =
2 OUNCE PROTEIN
EQUIVALENT**



PEANUT OIL PROVIDES ESSENTIAL NUTRIENTS TO THE DIET

The USDA recommends that “most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. The MUFAs and PUFAs found in fish, nuts, and vegetable oils do not raise LDL (“bad”) cholesterol levels in the blood. In addition to the essential fatty acids they contain, oils are the major source of vitamin E in typical American diets.”

- Dietary Guidelines 2010



PLANT-BASED EATING

ORIGINAL INVESTIGATION

The Effect of a Plant-Based Low-Carbohydrate (“Eco-Atkins”) Diet on Body Weight and Blood Lipid Concentrations in Hyperlipidemic Subjects

David J. A. Jenkins, MD; Julia M. W. Wong, RD; Cyril W. C. Kendall, PhD; Amin Esfahani, MSc; Vivian W. Y. Ng, RD; Tracy C. K. Leong, BAsc; Dorothea A. Faulkner, PhD; Ed Vidgen, BSc; Kathryn A. Greaves, PhD; Gregory Paul, PhD; William Singer, MD

- In one study consumption of a low-carb, plant-based diet resulted in body weight reductions (-8.5 lbs) similar to those reported for a low-carb, animal protein based diet.
- In addition, consumption of low-carb diet with vegetable proteins and oils was associated with significantly reduced concentrations of LDL, whereas animal protein low-carb diets were associated with increased LDL.
- The low-fat, low-carb, high-vegetable, plant-based protein diet included vegetable oil, soy, **peanuts and nuts**, fruits, vegetables and cereals.

Peanuts are a healthy, high-protein, nutritious choice for replacing red (and other) meat in the diet. A major study concludes that red meat is associated with a 13 percent increased risk of death and substitution of other healthy protein sources for red meat lowers mortality risk, with nuts being the top choice.⁸

PEANUTS ARE HIGH IN PLANT PROTEIN

- Peanuts are actually legumes (similar to beans, lentils, peas, and soybeans), but are categorized with other “nuts” for the purposes of nutrition research and recommended dietary patterns. Peanuts are eaten like nuts as snacks and are included in the US Dietary Guidelines and related dietary guidance represented in the “protein group,” along with other types of nuts.
- Peanuts have more protein than other nuts and as much protein as beans.⁵
- Peanuts added to the diet provide healthy plant protein that helps reduce blood pressure.

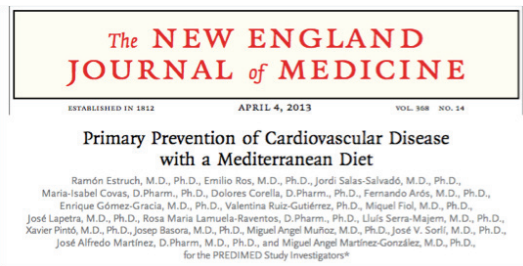
AS A PLANT FOOD, PEANUTS BRING ADDED NUTRITION

- Peanuts are a nutrient-dense protein bringing more nutrition than animal foods.
- Unlike animal foods, peanuts boost fiber in the diet.
- Peanuts have a number of bioactive components that are unique to plant foods such as phytosterols and resveratrol. These bioactives may prevent disease.
- Peanuts provide heart-healthy oils to the diet and are low in saturated fat and trans fat.

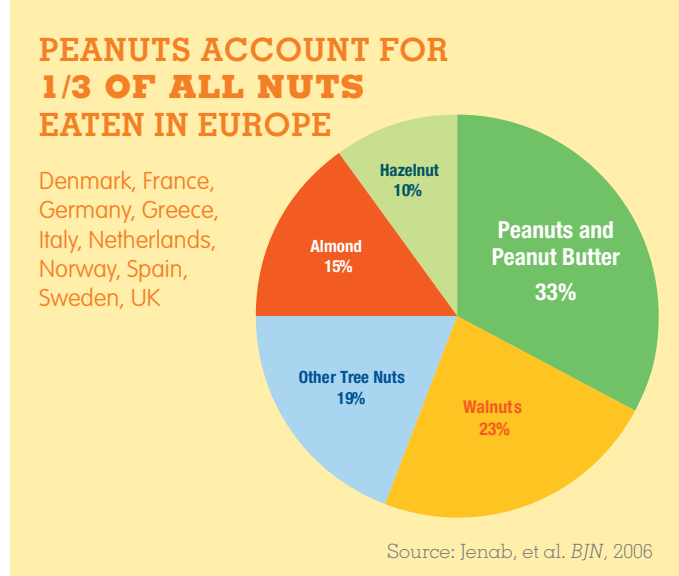


MEDITERRANEAN DIET

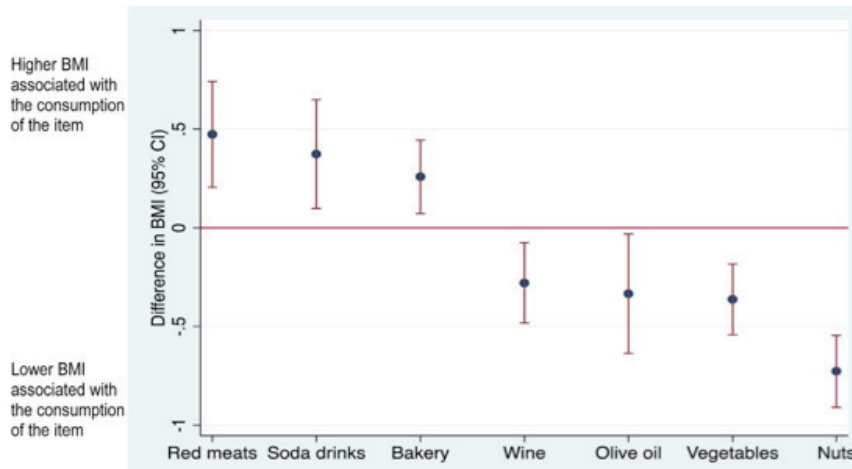
Part of the success of the Mediterranean diet at preventing heart disease is the emphasis on whole grains, fruits, vegetables, and healthier fats (in moderation). These healthy fats are found in nuts and seeds—including peanuts—and are a staple of the Mediterranean diet.



- PREDIMED study compared low-fat Med diet to high fat using mixed nuts or olive oil.
- 30% decrease in cardiovascular events and mortality with nut-enriched diet.
- Significant reductions in blood pressure were seen.
- Peanuts were included in the list of recommended foods on the high fat diet.



NUT CONSUMPTION ASSOCIATED WITH LOW BMI



- A dietary assessment of the Mediterranean diet used in the PREDIMED study showed an inverse relation between a Mediterranean-style diet and obesity.
- Nut consumption was associated with the lowest BMIs among participants.

Martinez-Gonzalez, 2012

DID YOU KNOW

Peanuts and nuts have been part of the Mediterranean diet since pre-historic times and are likely the **earliest foods consumed by humans**. Nuts have also been used in the past by different civilizations as drugs to prevent or treat several diseases.⁷²



DASH DIET

Research scientists developed the Dietary Approaches to Stop Hypertension (DASH) eating plan as an effective dietary pattern for reducing blood pressure by including whole foods such as fruits, vegetables, nuts, seeds, and grains.⁷³

A 1 1/2 ounce serving size of peanuts is included in the DASH eating plan four to five times per week.

Peanuts are significant to this diet plan because they contribute rich sources of magnesium, potassium, fiber and plant protein—all of which may play a role in improving blood pressure.^{5,12,17}

Peanuts also contain more Arginine than any other food, which can open up blood vessels and improve blood flow.^{5,6,7}

MAKE YOUR CALORIES COUNT

- All parts of the peanut contain beneficial nutrients and can be included in any diet.
- Research has shown that peanuts, peanut oil, and fat free peanut flour reduced the risk of heart disease.¹⁶
- The skins of peanuts are packed full of bioactive compounds.⁵⁴
- Peanuts come in a variety of forms that are both affordable and accessible, and as an American favorite, it is easy to incorporate all forms of the peanut into meals and snacks throughout the day.

For Breakfast try:



- Adding a spoonful of peanut butter to your oatmeal to add protein that will keep you full all day long.
- Use peanut butter instead of butter or cream cheese on your morning toast, bagel, or waffles to cut out saturated fat and add more nutrients.
- Sprinkle chopped peanuts into your morning yogurt and granola.

Lunch and dinner:



- Cook with peanut oil to add flavor and heart-health benefits.
- Sprinkle peanuts on salads and stir-fry dishes for added crunch and protein.
- Incorporate peanut butter into your favorites sauces, stews, or soups to add thickness, flavor, and essential nutrients.

On the Go:



- Add a scoop of peanut flour to shakes and smoothies for a big dose of flavor, protein, and fiber.
- Pack fruits and veggies with peanut butter as a healthy dip that can curb afternoon hunger.
- Make your own trail mix by mixing peanuts, dried fruits, and high fiber cereal for a nutrient dense snack that can keep you going strong.