

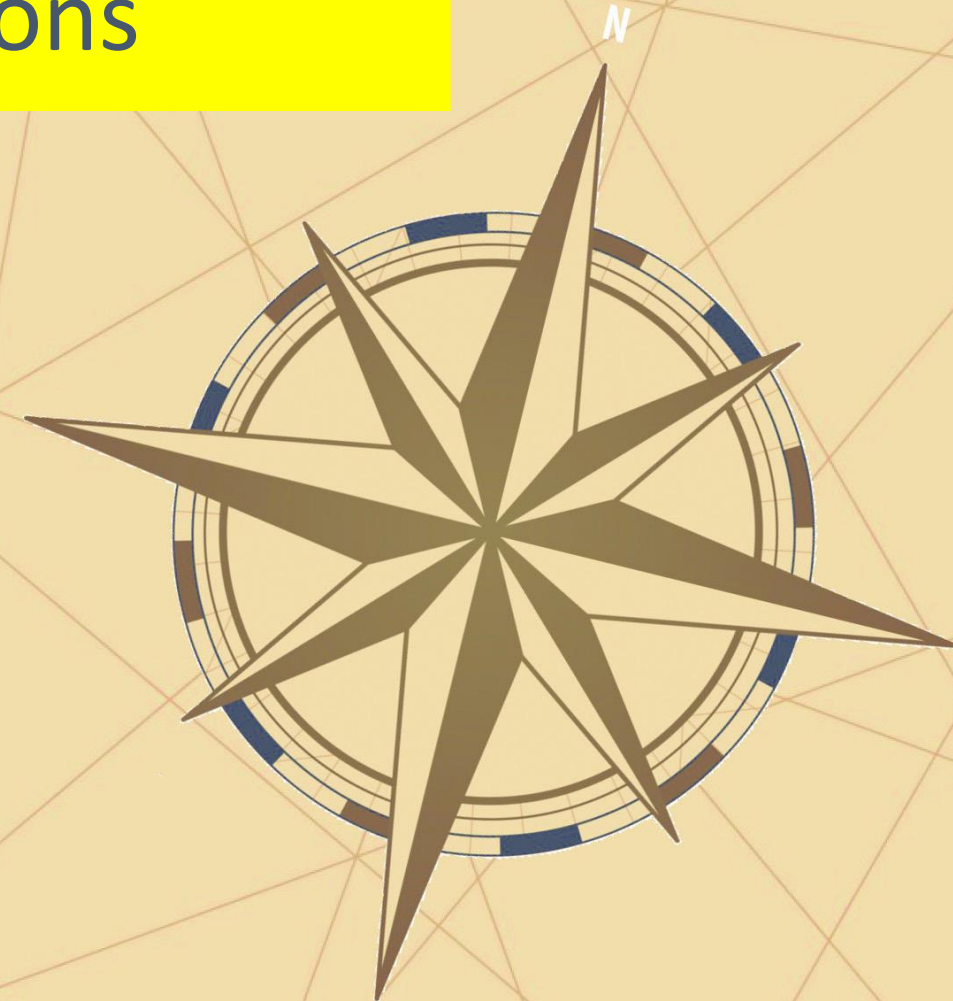
**PEANUT NUTRITION -**

**NAVIGATING** Consumer Opinions

**Southern Peanut Growers Conference 2017**

**Darlene Cowart, Ph.D.**

**Chairman, The Peanut Institute**





**PEANUTS -**

# A SUPERFOOD

*For Over 5000 Years!*



## PROTEIN

Peanuts have more protein than any other nut, which keeps you satisfied between meals. The high arginine content of peanuts supports healthy blood pressure and arteries.

# PEANUTS - The Protein Nut

*Did you know that peanuts contain more protein than any other nut?*

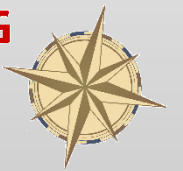




# PEANUTS - The Protein Nut

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	Peanuts	Almonds	Brazil Nuts	Cashew nuts	Hazelnuts	Macadamia Nuts	Pecans	Pistachios	Walnuts
Calories	170	172	187	164	183	204	203	162	183
Protein (g)	7.9	6.0	4.1	4.8	4.3	2.2	2.6	6.0	4.3





# PEANUTS - The Protein Nut

PLANT PROTEIN LOWERS TYPE 2 DIABETES



HARVARD

March 29, 2016

## First Long-term Study on Protein Intake & Diabetes

*Followed over 200,000 people for 22 years.*

*Studied effects of plant protein vs. animal protein on diabetes.*

*Studied the effect of substituting Peanuts & Peanut Butter for animal protein and carbs.*

Plant protein lowered Type 2 diabetes risk by **20%** in plant based diet low in animal proteins.



Research found plant-based protein lowers type 2 diabetes risk probably because of the fiber, antioxidants, unsaturated fatty acids, and micronutrients.

Malik et al. Am J Epi 2016



**PEANUTS -**

# Powerhouse of Nutrients



**Vitamin E**

**Folic Acid**

**Fiber**

**Copper**

**Zinc**

**Manganese**

**NUTRIENTS**

Peanuts are a Good source ( $\geq 10\%$  DV) of vitamin E, magnesium, niacin, and copper, and an Excellent ( $\geq 20\%$  DV) of manganese.

**Phosphorus**

**Phytosterols**

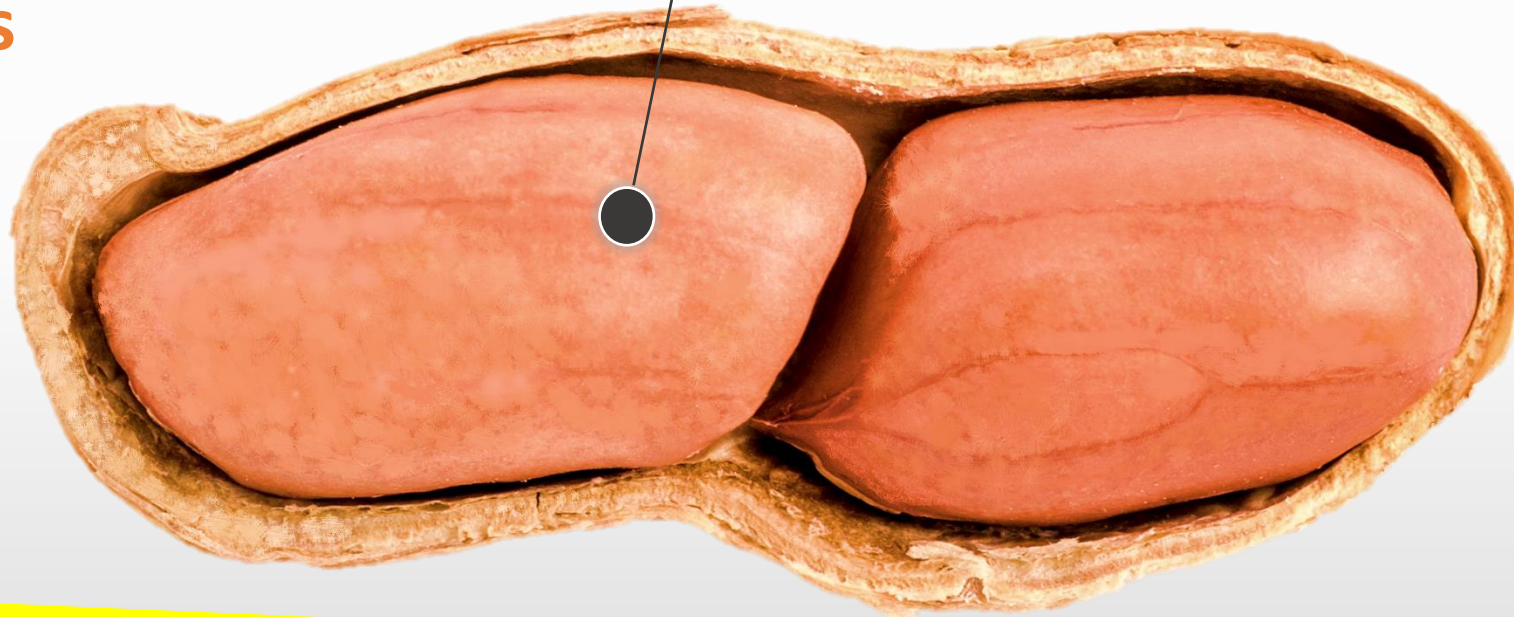
**Calcium**

**Plant Protein**

**Selenium**

**Niacin**

**Iron**



**Resveratrol**

**PEANUTS -  
Nutrient Powerhouse**

**Magnesium**



# PEANUTS - FIBER SOURCE

## FIBER

Peanuts are a Good source of fiber that helps keep you full between meals, and improves blood cholesterol levels.



**MORE  
SATISFYING!**







# Peanuts & Peanut Butter May Hold Key to Preventing Obesity

UNIVERSITY of  
**HOUSTON**

March 3, 2016



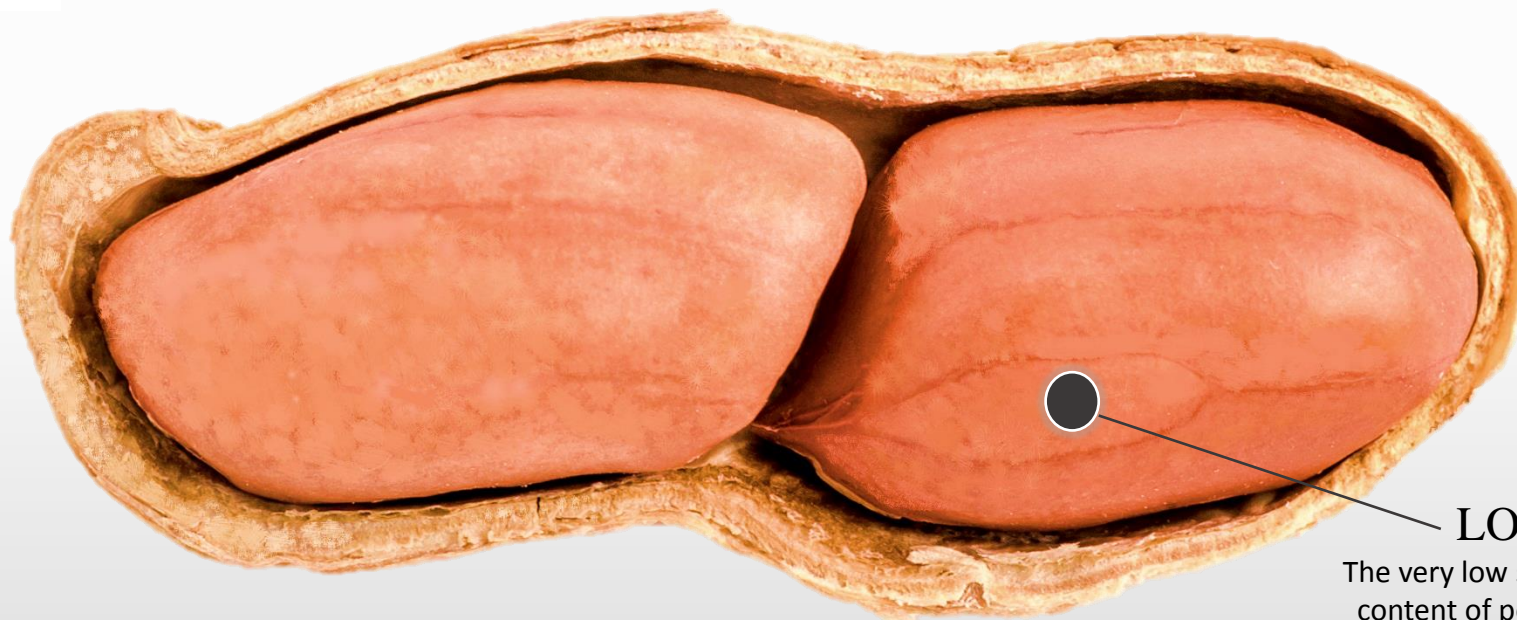
## **Study Substituted Peanuts for Unhealthy Snacks, Resulting in Reduced BMI in Adolescents At-Risk for Obesity**

“Schools and aftercare programs can replace unhealthy snacks with peanuts to provide an acceptable, healthy snack for children.”

- 250 overweight/obese adolescents who ate peanuts/PB 4 times a week significantly improved their Body Mass Index (more muscle, less fat)



# PEANUTS - LOW SUGAR & LOW CARB



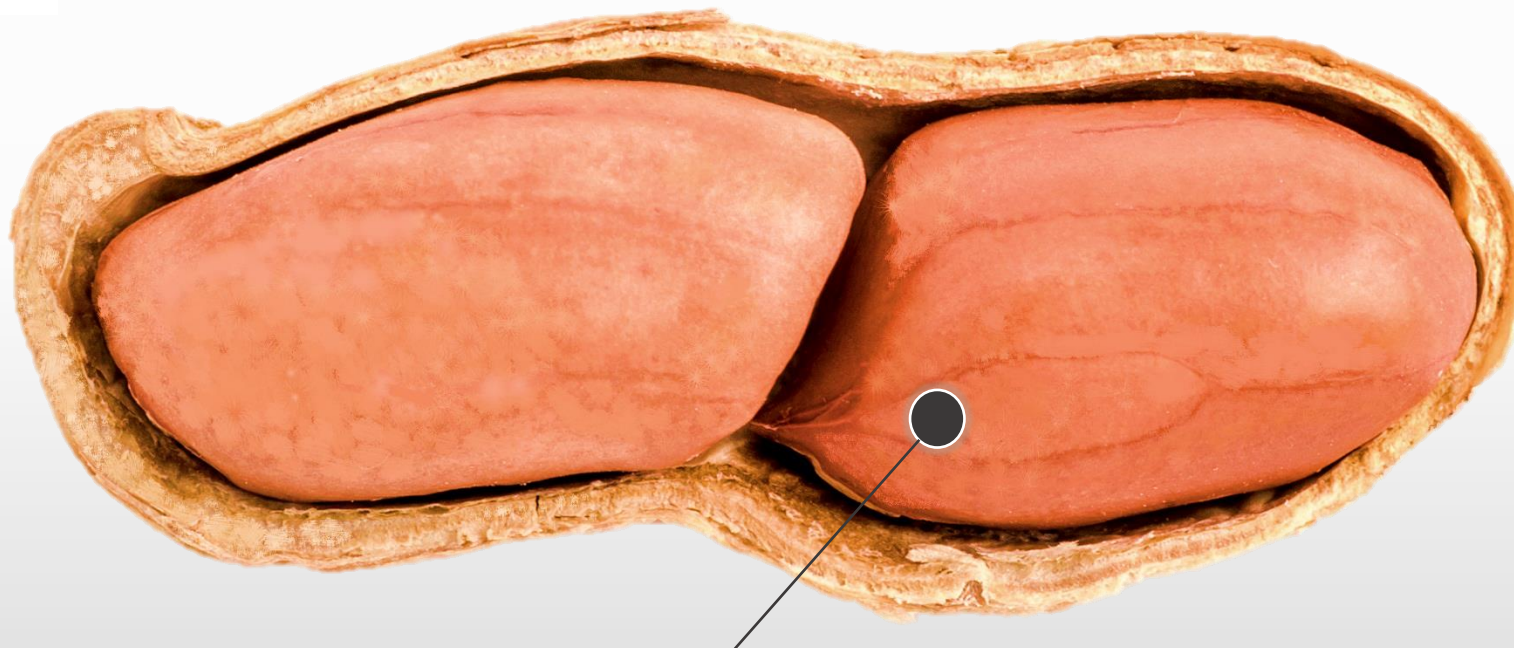
## LOW CARB

The very low sugar and carbohydrate content of peanuts supports blood glucose control and provides sustained energy.





# PEANUTS - BIOACTIVES Reduce Inflammation



## BIOACTIVES

Bioactives such as resveratrol may reduce inflammation and the risk of certain types of cancer.





# PEANUTS - Keep Arteries Healthy



2017

Research Shows Peanut Protein & Bioactives Keep your Arteries Flexible!

## Peanuts Promote Heart Health

**Peanuts - Keep Arteries Flexible**

**Peanuts – Prevent Arteries from Stiffening after a High Fat Meal**

**Peanuts – Reduce the Rise in Triglycerides by 32%**





# PEANUTS - Sharpen Your Mind with Peanuts

August 2016

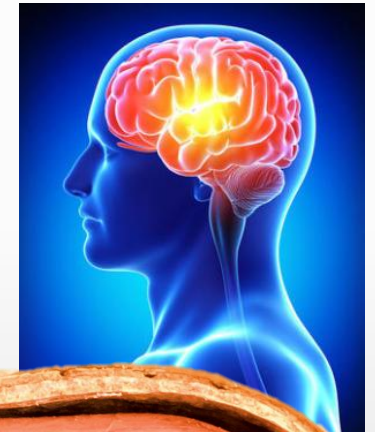
Research Shows Peanuts Are Good for Our Brains!

## Peanuts Promote Blood Flow in the Brain

**Improved short term memory**

**Increased verbal fluency: Ability to connect and retrieve words**

**Improved processing speed: Ability to take in and respond to new information**





# PEANUTS - HEALTHY FATS

**NAVIGATING**  
the  
Marketplace



## HEALTHY FATS

Peanuts are high in healthy mono- and polyunsaturated fats that reduce blood cholesterol.



# Peanut / Nut Consumption Linked to Longer Life



HARVARD



The NEW ENGLAND  
JOURNAL of MEDICINE

November 2013

## Association of Nut Consumption with Total and Cause-Specific Mortality

*Studied over 199,000 participants for 30 years*

Eating Peanuts/Nuts **DAILY**  
Resulted in **REDUCED RISK** of  
Death from ALL Causes by  
**20%**



Eating Peanuts/Nuts **2x Week**  
Resulted in **REDUCED RISK** of  
Death from ALL Causes by  
**12%**



# Peanut / Nut Consumption Linked to Longer Life



VANDERBILT  
UNIVERSITY

May 2015



## Prospective Evaluation of the Association of Nut/ Peanut Consumption with Total & Cause-Specific Mortality

*High-intake of nuts has been linked to a reduced risk of mortality. Previous studies, however, were primarily conducted among people of European descent and those of high socioeconomic status.*

Peanuts prolong life  
in the **US** by **21%**  
and in **China** by **17%**



Peanuts reduce heart disease  
in high risk populations  
in the **US** by **40%**  
and **China** by **30%**





# SIX REASONS TO CHOOSE PEANUTS

## PROTEIN

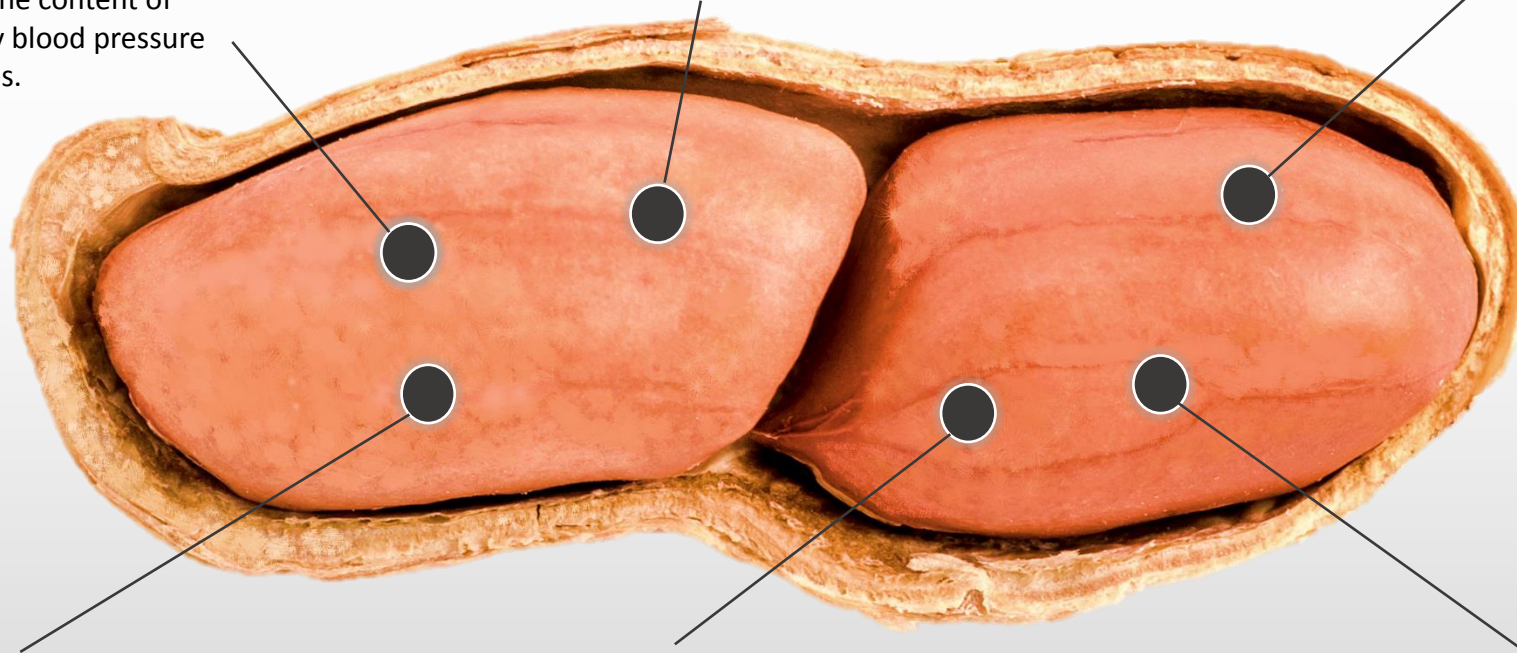
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## HEALTHY FATS

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Thank you!

