



Eat Well, Eat Peanuts

The Peanut Institute Update

SALLY TABB WELLS

CHAIRMAN OF THE PEANUT INSTITUTE

JUNE 24, 2013

Highlights

- **Science-Media Retreat at The Culinary Institute of America**
- **New Purdue Study – Press Release**
- **New Materials**

Science-Media Retreat

The Culinary Institute of America at Greystone, Napa Valley, CA



THE WORLD'S PREMIER
CULINARY COLLEGE

PLANT-POWERED EATING

The Role of Peanuts in Healthy Diets



A Nutrition & Culinary Educational Program

The Culinary Institute of America at Greystone
Napa Valley, California | May 4-6, 2013

Organized by



The Peanut Institute

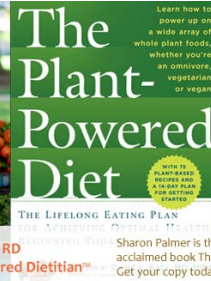
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Program is made possible by an educational grant
from The Peanut Institute

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Top Media Participants

The Culinary Institute of America at Greystone, Napa Valley, CA



We will continue to get coverage throughout the year.



www.peanut-institute.org

FoodNavigator-USA

FOOD

navigator-usa.com

Looking for the perfect low sodium snack? Try salted peanuts...

By Elaine WATSON , 08-May-2013



Weight for weight, salted peanuts contain less salt than most breads or breakfast cereals, muffins, tortilla chips, waffles and biscuits

FoodNavigator-USA

Features 13 New Peanut Highlights.

FOOD
navigator-usa.com

Plant-powered nutrition: New directions for peanuts, from sports nutrition to weight management, in pictures



◀ We've been talking about the health benefits of peanuts for years, so what's new? Quite a lot, according to experts gathered at a three-day event in Napa Valley hosted by the Peanut Institute on May 4-6. FoodNavigator-USA headed to wine country for a glass (or two) of Pinot Noir and a peanut butter and jelly sandwich... ▶



The Peanut Butter and Jelly Sandwich: Sport Nutrition in Action

[Read More...](#)



The Role of Peanuts and Other Nuts in Healthy Diets

[Read More...](#)



A Brief History of the Peanut... and Peanut Consumption Today

[Read More...](#)



Peanuts in Weight Management: Why Energy Dense Foods Don't Have to Ruin the Diet

[Read More...](#)



Peanut Oil (So That's Why the Fries at Five Guys Taste So Good...)

[Read More...](#)



Peanut Flour

[Read More...](#)



Getting Creative with Peanuts

[Read More...](#)



Peanut Allergy

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Peanuts in the US Diet

[Read More...](#)



Salted Peanuts: A Great Low-Sodium Snack?

[Read More...](#)



Peanuts and Cardiovascular Health

[Read More...](#)



Feeding the World with Peanuts

[Read More...](#)

Dr. Richard Mattes Publishes New Study



doi:10.1017/S0007114512004217

Acute and second-meal effects of peanuts on glycaemic response and appetite in obese women with high type 2 diabetes risk: a randomised cross-over clinical trial

Caio E. G. Reis^{1*}, Daniela N. Ribeiro¹, Neuza M. B. Costa², Josefina Bressan¹, Rita C. G. Alfnas¹ and Richard D. Mattes³

- **Eating peanut butter/peanuts for breakfast helps control hunger all day**
- **Peanut butter/peanuts helps control blood sugar after breakfast and after lunch**
- **Peanut butter and peanuts increase satiety**

New Materials—Food For Thought



Eat Well, Eat Peanuts

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food for thought

Spring 2013 | Volume 17 Issue 1

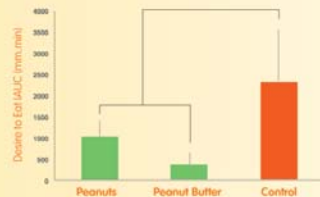
STAY SATISFIED WITH PEANUTS

THE COMPLETE PACKAGE HUNGER BUSTER

When eaten in small amounts daily, peanuts and peanut butter can keep you satisfied from one meal to the next. Recent research from Purdue University showed that when peanuts or peanut butter were consumed at breakfast with a whole grain, they can help control appetite for up to 8 to 12 hours later. Results showed an increase in the hormone Paptide YY, which promotes fullness and satiety. In addition, participants reported a lower desire to eat at lunch when peanuts or peanut butter were consumed earlier in the day and decreased appetite for most of the day. The researchers suggest that it is the synergy of components in peanuts, including the high protein and fiber content that contribute to its unique effects on appetite control.



EATING PEANUTS OR PEANUT BUTTER FOR BREAKFAST PROMOTES SATIETY



- Participants reported a lower desire to eat at lunch when peanuts or peanut butter were consumed earlier in the day.
- Peanuts and peanut butter helped maintain even blood sugar throughout the day, preventing high blood sugar spikes which can affect appetite and energy levels.

Matthew, et al. *BJN*, 2012



THE "SECOND MEAL EFFECT"

The study done by researchers at Purdue also showed that consuming peanut butter or peanuts for breakfast can control blood sugar throughout most of the day, even after eating a high carbohydrate lunch. Peanuts and peanut butter have been known to help control blood sugar alone or when paired with high carbohydrate foods due to their high content of protein, fiber, and healthy oils, but what is extraordinary is their ability to have a positive effect on blood sugar in later meals even in the absence of peanuts or peanut butter. This phenomenon is known as "the second meal effect".¹

Did you know

Peanuts and peanut butter are a low glycemic index food due to their high amounts of healthy oils, fiber, and protein that help sugar to be released into the blood stream more slowly, keeping energy levels high and appetite in check.¹

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food for thought

Spring 2013 | Volume 17 Issue 2

THE POWER OF PEANUT PROTEIN

Peanuts and peanut butter are a nutrient dense food and an American favorite. They account for over two-thirds of all nuts eaten in the U.S. and are packed full of powerful nutrients and healthy oils shown to reduce the risk of many chronic diseases.^{1,2} In fact, peanut butter is one of the most commonly consumed plant-proteins in the U.S.¹

Peanuts and peanut butter are very high in protein and contain more protein than any other nut, with levels comparable to a serving of beans.³ A one-ounce serving of peanuts contains about 8g of protein. Protein functions as a building block for muscle, bones, tissue, skin, blood, hormones, and even vitamins. It is essential for building and repairing muscles, maintaining bodily function, and has also shown to play a role in weight maintenance and satiety.



PEANUTS CONTAIN MORE PROTEIN THAN ANY OTHER NUT

Based on 1-ounce portion	Peanuts	Pistachio	Almond	Cashew	Walnut	Brazil	Hazelnut	Macadamia	Pecan
Protein (g)	8	6	6	5	4	4	4	2	2

USDA National Nutrient Database, Release 25, 2011

PEANUT PROTEIN IS HIGH QUALITY

Although peanuts do not contain all 9 of the essential amino acids in perfect proportions to make it a complete protein, pairing peanuts or peanut butter with any whole grain or consuming whole grains throughout the day will provide the balance your body needs.^{4,5} Also, research shows that peanut protein has a high digestibility comparable to soy protein and higher than chickpea and wheat.⁴

Adapted from Isnel King, 2013 and Singh, 1991



Did you know

A peanut butter sandwich with a 8oz glass of milk provides about 22g of protein, which is almost half of the daily value for the average person?⁶

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New Materials—2 page fact sheets



STAY SATISFIED WITH PEANUTS

PEANUTS KEEP YOU FULLER LONGER

- According to a study at Purdue University, peanuts keep you fuller longer than high carbohydrate snacks.¹ The study showed that peanuts and peanut butter "stick" with you for about 2 1/2 hours versus 1/2 hour for rice cakes.
- Recent research shows consuming peanuts or peanut butter for breakfast can increase a hormone that promotes satiety and fullness.²

PEANUTS DECREASE DESIRE TO EAT

- Peanut eaters feel satisfied and less hungry. Research shows people naturally compensate for up to 3/4 of the calories consumed from peanuts by consuming fewer calories throughout the day.³
- In one study, people who consumed peanuts or peanut butter for breakfast reported a lower desire to eat up to 8 to 12 hours later.²

Peanuts and PB "stick" w about **2 1/2 hours** vers for a high carbohydrate rice cakes.

PEANUTS ARE HIGH IN PROTEIN

- Peanuts contain about 8g of protein which plays an important role in body to expand and make us feel full.
- Peanuts contain about 2.5g of fiber, which helps to regulate blood sugar.

PEANUTS KEEP BLOOD SUGAR

- Peanuts and peanut butter are a good source of fiber, which helps to regulate blood sugar.
- In one study, peanuts and peanut butter helped to regulate blood sugar.

PEANUTS ARE SATISFYING AND

- Research shows that peanuts help to replace all fat in the diet with protein.
- The healthy oils in peanuts provide satiety and help to reduce the risk of many chronic diseases and promote weight maintenance and satiety.^{3,4,7}

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MYTH: Peanuts and peanut butter are high in fat and calories that cause weight gain.

BUSTED

IS A CALORIE A CALORIE?

Although peanuts and peanut butter are energy dense foods, they are not associated with weight gain or higher BMIs⁸; in fact, the opposite is true. Frequent peanut and peanut butter eaters have lower BMIs and body weight even though they consume more calories⁹. In addition, compliance with weight loss plans is improved when peanuts or peanut butter are included in the diet.²

Together, the following three components account for **nearly ALL of the calories consumed from peanuts:**

1. PEANUTS ELICIT STRONG DIETARY COMPENSATION.

Peanut eaters feel satisfied and less hungry. Research shows people naturally compensate for up to **75%** of the calories consumed from peanuts by consuming fewer calories throughout the day.³

Recent research shows consuming peanuts or peanut butter for breakfast can increase a hormone that promotes satiety and fullness, and people who consumed peanuts or peanut butter for breakfast reported a lower desire to eat up to 8 to 12 hours later.²

2. NOT ALL OF THE CALORIES IN PEANUTS ARE ABSORBED.

Research shows that **15-18%** of calories from peanuts are excreted and not absorbed by the body.¹⁴

3. PEANUTS INCREASE METABOLISM.

In one study, resting energy expenditure was **11%** greater after regular peanut consumption for 19 weeks compared to baseline.⁵



THE COMPLETE PACKAGE

There is no individual component of peanuts shown to be responsible for their powerful effects on health and diet. It is the complete package they provide that offers these benefits.

EAT A HANDFUL A DAY

Peanuts and peanut butter can help with weight maintenance, but portion control should still be considered. The majority of the calorie compensation is dependent on decreased food consumption throughout the day, and although peanuts and peanut butter can make you feel fuller and more satisfied, they are more effective for weight maintenance when included as a part of a calorie controlled diet.²

Research consistently shows that a 1-ounce serving of peanuts or a tablespoon of peanut butter daily can help reduce the risk of many chronic diseases and promote weight maintenance and satiety.^{3,4,7}

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PACK PEANUTS FOR A BETTER LUNCH

PEANUTS AND PEANUT BUTTER ARE A FAVORITE FOOD.

- Peanuts and peanut butter are an American favorite, accounting for two-thirds of all nuts eaten in the U.S.¹
- 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.²

- According to the USDA MyPlate, peanuts are part of the protein group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake.³ Pairing them with a whole grain and fruit or vegetable creates a complete, well-balanced meal.

THEY ARE AFFORDABLE, CONVENIENT

- Peanuts and peanut butter provide protein.
- They are a good or excellent source of fiber.
- A peanut butter sandwich with a piece of whole grain bread costs about \$1.76 for the sandwich.

PEANUTS CAN IMPROVE OVERALL HEALTH

- Research shows that kids who snack on peanuts or peanut butter eat more vegetables.⁴
- In adults, peanuts and peanut butter can help with weight maintenance.⁵
- As peanuts and/or peanut butter are 20% of the RDA for vitamin E, magnesium, 80% or more of niacin, iron, phosphorus,



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PEANUTS: A FLAVORFUL & FUN FIBER SOURCE

- Fiber is a type of carbohydrate in plant-based foods that provides various health benefits, and over 1/3 of the carbohydrates in peanuts is from fiber.

An ounce of peanuts contains about 2.5 grams or 10% of the daily value, making them a "good source" of fiber.¹

- Fiber adds bulk to our food that helps us to feel fuller after eating. Research shows that both peanuts and peanut butter promote satiety and weight management due to their high content of protein and fiber.²

- Although fiber is a carbohydrate, it is not absorbed by the body and does not raise blood sugar. Research has shown that both peanuts and peanut butter can help control blood sugar in both diabetics and healthy people.^{3,4}

The 2010 Dietary Guidelines highlights fiber as one of the main nutrients lacking in the typical American diet.



Studies show that **diets high in fiber** can improve overall diet, help lower cholesterol, and reduce the risk of heart disease.⁵

- Peanuts and peanut butter are a favorite food that pairs well with other high fiber foods like fruits, vegetables, and whole grains. In fact, a peanut butter sandwich made with whole grain bread provides about 8g of fiber, or 1/3 of your daily needs.¹

- One study with kids showed that pairing peanut butter with veggies increased the amount and types of vegetables eaten.⁶ Meaning peanut butter can actually promote vegetable intake and high fiber foods in children.

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1. USDA, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutdata/>
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4. Johnson, C.S., and A.J. Buller. Vinegar and peanut products as complementary foods to reduce postprandial glycemia. *J Am Diet Assoc*. 2005;105(12):1959-62.
5. Perreux, et al. Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *JAMA*. 2010;304(4):530-39.
6. Johnson, et al. Increasing Vegetable Intake in Mexican American Youth: A Randomized Controlled Trial. *J Am Diet Assoc*. 2011;111:716-720.

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New Materials—White Papers

PEANUTS

A SUPERFOOD FOR ALL AGES

White Paper

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NUT ALLERGY

White Paper

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The American Heart Association Heart Check Logo

PAT KEARNEY, MED, RD

PROGRAM DIRECTOR

JUNE 24, 2013

Highlights

- **American Heart Association Program**
- **Salty Snacks**
- **Promotions**

Heart-Healthy Labeling



The Peanut Institute
is certified for
oil roasted, salted peanuts.



Heart-Healthy Labeling



2003 Qualified Health Claim:

“Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

2003



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AHA Heart Check-Mark Partners

Mississippi Peanut Growers Association





AHA Heart Check-Mark Partners

Hampton Farms



In-shells



Virginia Diner



Georgia Farm Bureau





AHA Heart Check-Mark Partners



Planters

PLANTERS
UNSALTED
Dry Roasted
peanuts

PLANTERS
LIGHTLY SALTED
Dry Roasted
peanuts

PLANTERS
LIGHTLY SALTED
Dry Roasted
peanuts

Heart Healthy
May reduce the risk of heart disease

American Heart Association
CERTIFIED
Meets criteria for heart-healthy food

NET WT 34.5 OZ (978g)

INGREDIENTS: PEANUTS, SEA SALT, MONOSODIUM DIPHOSPHATE, COCAINE-STRYCHNINE. CONTAINS PEANUTS. MANUFACTURED ON EQUIPMENT THAT PROCESSES TREE NUTS. KRAFT FOODS GROUP, INC., NORTHFIELD, IL 60069-2700 USA. VISIT US AT: krafthits.com or CALL US AT: 1-877-875-5388

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SMOKING WARNING
Quitting now greatly reduces serious risks to your health. For more information, call 1-877-4QUIT (1-877-475484) or visit www.heart.org.

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AHA Heart Check-Mark Criteria

Peanuts – Including *Oil Roasted, Salted Peanuts*
Now Qualify for the AHA Heart Check Mark:

Criteria:

- <140 mg sodium per label serving
- <4 g saturated fat per 50 grams
- 10% beneficial nutrient per serving (fiber)

Peanuts:

USDA Data for 1 ounce Oil Roasted Peanuts Salt Added	
Sodium	119 mg
Saturated Fat	2 grams 3.45 g (per 50 g)
Fiber	2 grams



AHA Heart Check-Mark Criteria



Nutrition Facts

Serving Size 1 pkg (28g)
 Servings Per Container 1
Calories 160
 Fat Cal 130

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

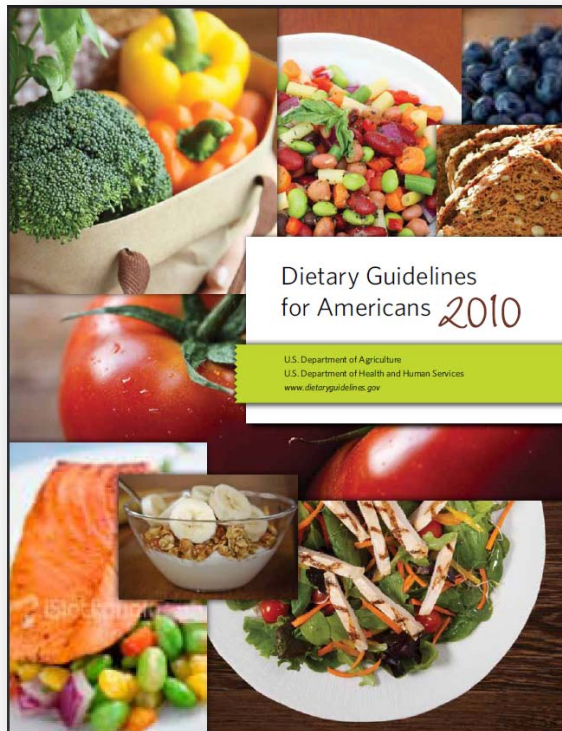
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 14g	22%	Total Carb. 5g	2%
Saturated Fat 2g	10%	Dietary Fiber 2g	10%
Trans Fat 0g	0%	Sugar 1g	
Cholesterol 0mg	0%	Protein 7g	
Sodium 100mg	4%		

INGREDIENTS: Peanuts roasted in peanut oil or cottonseed oil, and salt. Produced in a facility that process peanuts and tree nuts.



“Salty Snacks”

2010 U.S. Dietary Guidelines



“There is moderate evidence that consumption of ***unsalted peanuts, tree nuts***, specifically walnuts, almonds, and pistachios, in the context of a nutritionally adequate diet and when total calorie intake is held constant, has a favorable impact on cardiovascular disease risk factors, particularly serum lipid levels.”



American
Heart
Association

AMERICAN HEART ASSOCIATION'S

SODIUM CONFERENCE

June 19-20, 2013
Arlington, VA

Strategies to Reduce Sodium Intake: A Forum for Stakeholder Collaboration



American Heart Association

CERTIFIED
Meets Criteria For
Heart-Healthy Food



BREADS & ROLLS

Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

1



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

2



PIZZA

A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

3



POULTRY

Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

4



SOUP

Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

5



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

6



DID YOU KNOW?

THESE SIX POPULAR FOODS CAN ADD HIGH LEVELS OF SODIUM TO YOUR DIET!

The American Heart Association recommends that you aim to eat less than 1,500 mg of sodium per day.











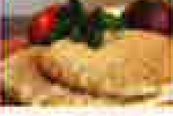




When you see the Heart-Check mark on a product, you know the food has been certified to meet nutritional criteria for heart-healthy foods, including sodium.

- **The Salty Six**

Explains top food sources of dietary sodium and encourages consumers to find lower-sodium versions of these foods, using the AHA's Heart-Check mark and the Nutrition Facts panel as a guide

SODA-LO™ Salt Microspheres Application Successes To Date

Application	SODA-LO™	Application	SODA-LO™
	Sandwich Buns -30%		Potato Chips -40%
	White and Wheat Bread -35%		Hamburger/ Sausage Patties -30%
	Artisan Bread -25%		French Fries -50%
	Peanuts -30%		Seasoning Blend -50%
	Popcorn -25%		Mayonnaise -25%
	Pizza Crust (Fresh & Frozen) -25%		Pizza Sauce -25%
	Chicken Tenders -25%		

Where's the Sodium?

Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. The table below gives examples of sodium in some foods.

Food Groups	Sodium (mg)
Whole and other grains and grain products*	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0-5
Ready-to-eat cereal, 1 cup	0-360
Bread, 1 slice	110-175
Vegetables	
Fresh or frozen, cooked without salt, 1/2 cup	1-70
Canned or frozen with sauce, 1/2 cup	140-460
Tomato juice, canned, 1/2 cup	330
Fruit	
Fresh, frozen, canned, 1/2 cup	0-5
Low-fat or fat-free milk and milk products	
Milk, 1 cup	107
Yogurt, 1 cup	175
Natural cheeses, 1 1/2 oz	110-450
Process cheeses, 2 oz	600
Nuts, seeds, and legumes	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0-5
Beans, cooked from dried or frozen, without salt, 1/2 cup	0-5
Beans, canned, 1/2 cup	400
Lean meats, fish, and poultry	
Fresh meat, fish, poultry, 3 oz	30-90
Tuna canned, water pack, no salt added, 3 oz	35-45
Tuna canned, water pack, 3 oz	230-350
Ham, lean, roasted, 3 oz	1,020

* Whole grains are recommended for most grain servings.



YOUR GUIDE TO

Lowering Your Blood Pressure With DASH

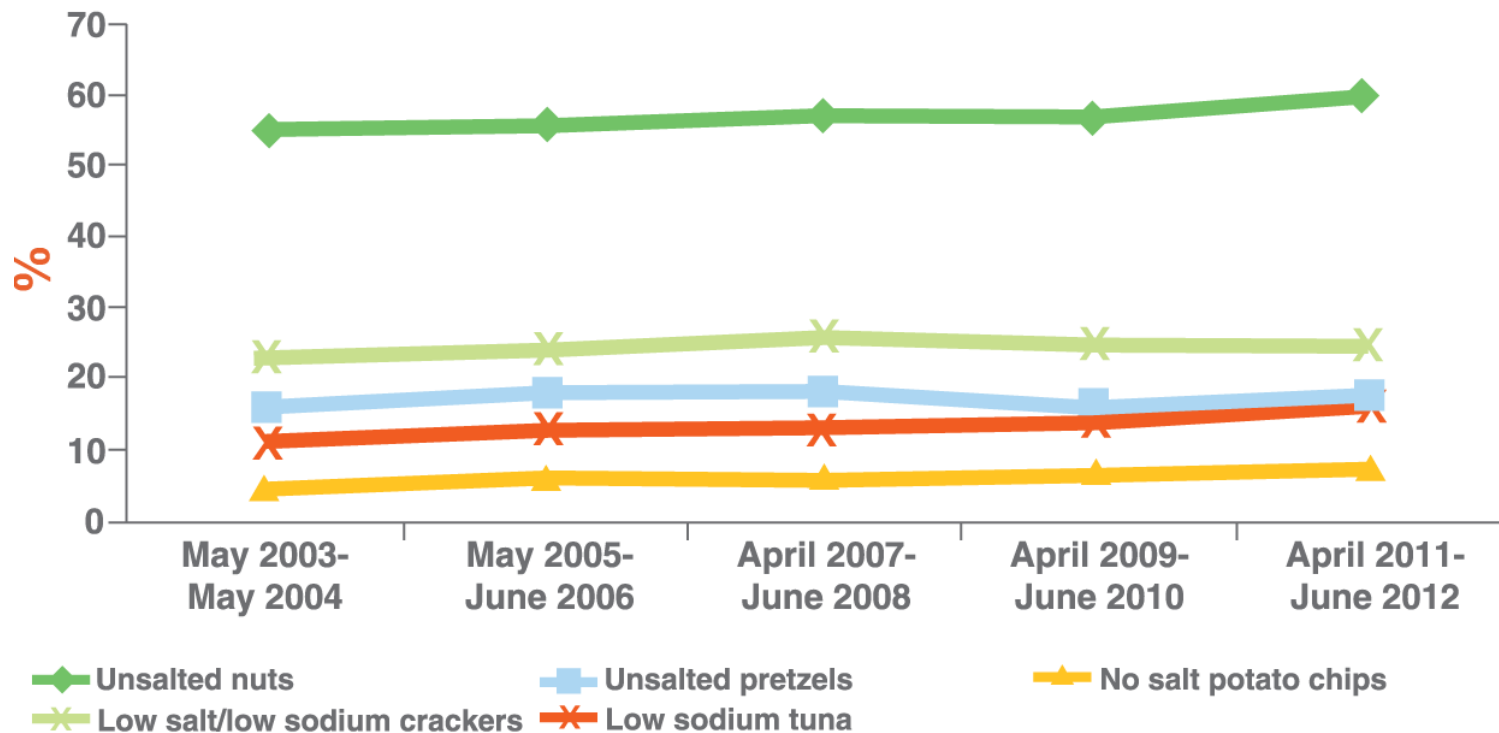
DASH
Eating Plan

Lower Your Blood Pressure

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Usage of low sodium products has increased... slightly

- About 61% of households that use nuts consume **unsalted nuts**, while 25% of households that use crackers consume low salt crackers

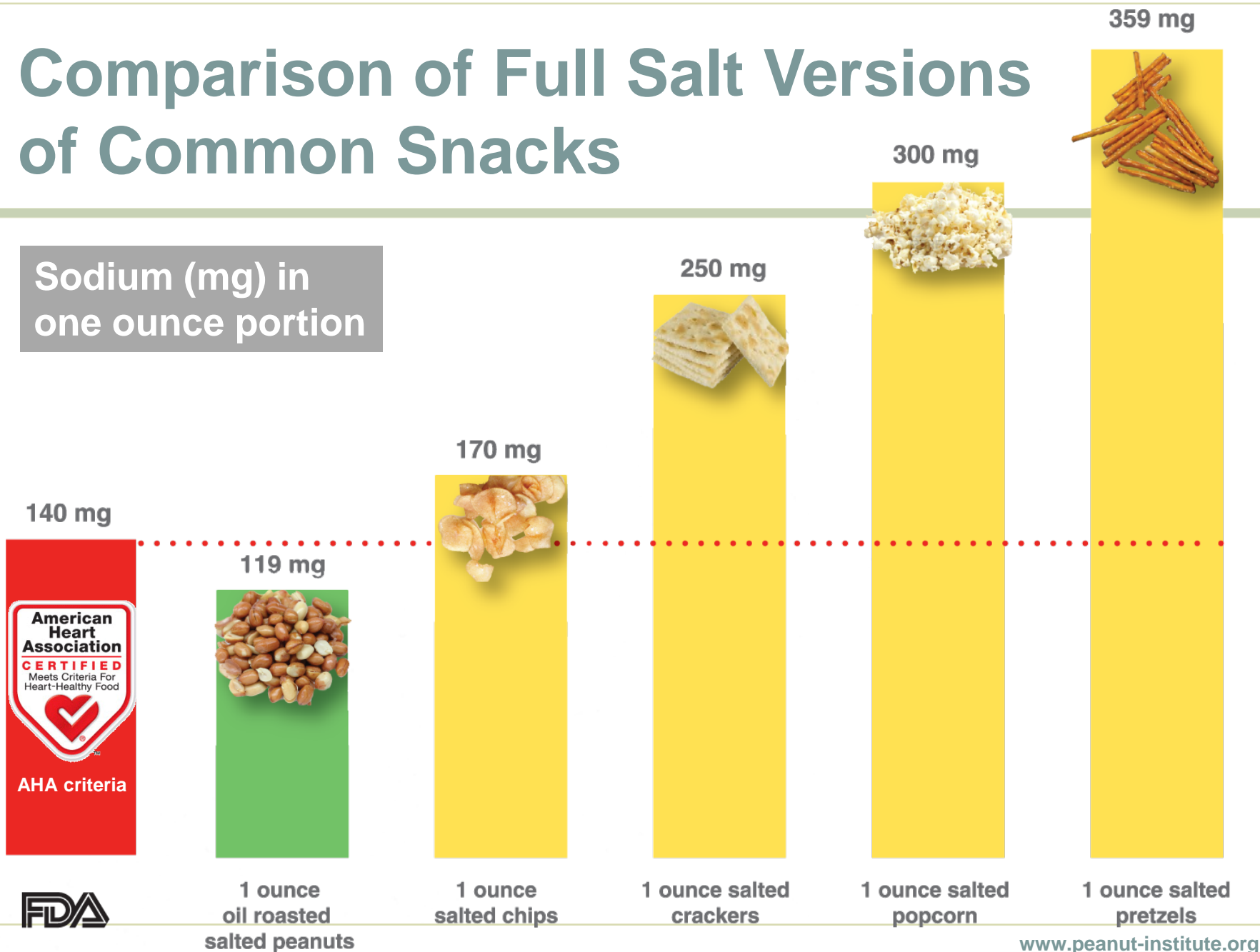


Mintel/Attitudes Toward Sodium – U.S., February 2013;
Source: Experian Simmons NCS/NCHS Spring 2004, 2006, 2008, 2010, 2012 Adult full
year—Pop

Base: Adults 18+ whose household uses nuts, pretzels, potato chips,
crackers, and/or tuna

Comparison of Full Salt Versions of Common Snacks

Sodium (mg) in one ounce portion



Promoting Heart-Healthy Peanuts



- **Media Outreach**
- **Events**
- **Materials**
- **Policy-makers**

American Heart Association

CERTIFIED
Meets Criteria For
Heart-Healthy Food



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supports nutrition research and develops
lifestyle changes that include peanuts

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Heart-Healthy Peanuts



- Oil Roasted Salted Peanuts Now Certified by American Heart Association as Heart-Healthy - Even Salted Peanuts Can Be Low in Sodium Meeting Criteria for 140 mg of Sodium Per Serving
- Download the Heart-Healthy Peanuts fact sheet.
- Heart-Check Mark Nutritional Guidelines

AHA Heart Check-Mark Industry Partners



Mississippi Peanut Growers Association
<http://peanuts.msstate.edu/>



Due to the strength of evidence of peanuts and heart-health, the FDA released a qualified health claim in 2003 that states: "Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."

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HEART-HEALTHY PEANUTS



- 1 Small amounts may decrease risk of CHD.
- 2 Peanuts contain heart-healthy oils.
- 3 Peanuts are high in plant protein.
- 4 Peanuts are packed with nutrients.
- 5 Even salted peanuts can be low in sodium.



Learn More >>

IN THE NEWS

Eating Peanut Butter at Breakfast Helps Control Hunger and Blood Sugar All Day
[Read More](#)

Vegetable Fat decreases risk death from all causes.
[Read More](#)

A new study by Harvard gives another reason to love peanuts.
[Read More](#)

PEANUT BUTTER **PEANUT FLOUR**
Peanut BITES
 Eat Well, Eat Peanuts

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March 2013 | Vol. 4.5

In This Issue

Mississippi Peanut Growers Partner with The Peanut Institute to Gain AHA Approval for Oil Roasted Salted Peanuts

The Mississippi Peanut Growers Association has teamed up with The Peanut Institute to be the first to gain the American Heart Association's approval for their oil roasted salted peanuts to use the Heart-Check Mark logo on their packages. Oil roasted salted peanuts are well below the AHA requirement of 140mg per label serving, and also meet the criteria for fiber and saturated fat, making them a great healthy snack choice. Others interested in gaining the Heart-Check mark logo on their products should contact The Peanut Institute at 1-800-8PEANUT or info@peanut-institute.org.

- MISSISSIPPI**
- Thomas Keller Explains Why Peanut Butter & Jelly Make a Perfect Pair
 - Resveratrol in peanut Skins May Hold Fountain of Youth
 - Peanuts and Peanut Butter Can Help Improve Vegetarian Diets
 - Grilled Sweet Potatoes with Peanut & Lime Tahini Dressing

Web

PLANT-POWERED EATING

The Role of Peanuts in Healthy Diets



HEART-HEALTHY PEANUTS

Oil Roasted Salted Peanuts Now Certified by American Heart Association as Heart-Healthy
Even Salted Peanuts Can Be Low in Sodium Meeting Criteria for 140 mg of Sodium Per Serving

Oil roasted salted peanuts are now certified heart healthy by the American Heart Association as a part of an overall healthy eating pattern. The Heart Check mark may now appear on their packages, making them a great snack option!

Although salted peanuts are often thought to be a high sodium snack, consumer panels because of a one-ounce serving of many varieties of oil roasted salted peanuts which is below the AHA certification criteria limit of 140mg of sodium per label serving generally contain less sodium than one slice of bread, 1 ounce of french fries, and the sodium in salted peanuts is mostly from surface salt, so a little goes a long way. However, eating them in salt will not increase their overall healthy or nutrient density from their natural state.

Additional research has shown that nuts may reduce the risk of heart disease in isolated clinical studies. In the Adventist and Nurses' healthy studies have shown that as follows:

- An excellent source of cholesterol free protein with 8 grams per 1 ounce set
- An excellent source of fiber and Vitamin E
- A good source of Magnesium

Peanuts are high in many important nutrients for overall health.

Additional research has shown that nuts may reduce the risk of heart disease in isolated clinical studies. In the Adventist and Nurses' healthy studies have shown that as follows:

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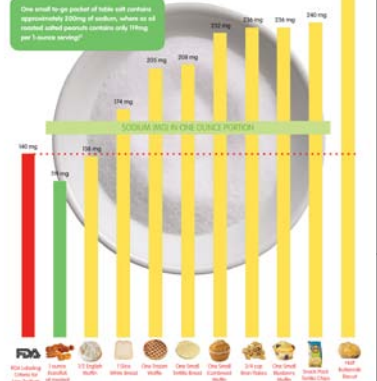
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Mississippi Peanut Growers Association
www.peanut-institute.org

HEART-HEALTHY PEANUTS

SURPRISE! EVEN SALTED PEANUTS CAN BE LOW IN SODIUM



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eat right. Academy of Nutrition and Dietetics





HEART-HEALTHY PEANUTS



Per 1 oz. serving



1 PEANUTS ARE CERTIFIED BY THE AMERICAN HEART ASSOCIATION HEART-CHECK PROGRAM.

- Peanuts are now among the list of foods certified by the American Heart Association's Heart-Check mark* program.
- Research shows that the Heart-Check mark is the most recognized symbol on food packages today, and a majority of grocery shoppers trust the Heart-Check mark most to guide them in making heart-healthy food purchases.¹
- AHA-certified nuts must meet specific nutritional levels. Some brands of oil roasted salted peanuts meet these nutritional criteria.²



2 EATING A HANDFUL OF PEANUTS DAILY CAN CUT YOUR RISK OF HEART DISEASE IN HALF.

- The risk of heart disease decreases the more frequently you eat peanuts or peanut butter.³
- Four large studies totaling over 160,000 men and women showed that eating about 1 ounce of peanuts daily can cut the risk of heart disease in half.³
- Eating a small handful of peanuts 1 to 2 times per week decreases the risk by over 25%.³



3 PEANUTS CONTAIN HEALTHY OILS.

- The oil in peanuts is mostly monounsaturated fat, which contains the same heart-healthy properties as olive oil.⁴
- Unsaturated fat in peanuts helps to decrease bad cholesterol while increasing heart-healthy cholesterol.⁴
- Peanuts meet the saturated fat limit set by the American Heart Association for nuts, and are trans fat-free.⁵



4 PEANUTS ARE HIGH IN PLANT PROTEIN.

- 1 ounce of Peanuts contains 8g of protein and no cholesterol.⁵
- Peanuts are very high in Arginine, which can help to open up blood vessels and allow blood to flow better.^{6,7}
- One study showed that replacing red meat with a plant protein like peanuts can decrease the risk of heart disease by 19%.⁸



5 PEANUTS ARE PACKED WITH IMPORTANT NUTRIENTS.

- Peanuts are an excellent source of Niacin that can reduce cholesterol and is often prescribed by doctors for heart protection.⁹
- Peanuts are a good source of Folic Acid and Vitamin E, which have both been shown to help prevent heart disease.⁷
- Peanuts also contain potassium and are a good source of magnesium, which can help maintain normal blood pressure.¹⁰



6 SURPRISE! EVEN SALTED PEANUTS CAN BE LOW IN SODIUM.

- To meet the American Heart Association's criteria for a heart-healthy food, nuts must contain less than 140mg of sodium per label serving.² Some brands of oil roasted salted peanuts contain only 119mg per 1 ounce serving.
- Peanuts are naturally very low in sodium, and most of the sodium in salted peanuts comes from surface salt.¹¹
- 1 ounce of salted peanuts typically contains less sodium than a slice of bread (1 ounce).¹¹



Due to the strength of evidence of peanuts and heart-health, the FDA released a qualified health claim in 2003 that states "Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."



*Please note that the Heart-Check Food Certification does not apply to scientific research by an organization other than the AHA unless expressly stated. For more information, see the AHA nutrition guidelines at: heartcheckmark.org/guidelines.



Peanut Institute
www.peanut-institute.org

Materials

Policy Makers



Thank You!

PLEASE JOIN !!!



For Questions:

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