

OLDWAYS SUPERMARKET SYMPOSIUM

The Role of Peanuts in Traditional Diets

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Eat well, eat peanuts!

THE Peanut Institute

www.peanut-institute.org

Highlights

- **Peanuts in Traditional Diets**
- **Unique Study on Adolescents**
- **Peanuts are Heart-Healthy**



Latin American Diet Pyramid



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Asian Diet Pyramid

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HEALTH THROUGH HERITAGE



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African Heritage Diet Pyramid

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HEALTH THROUGH HERITAGE

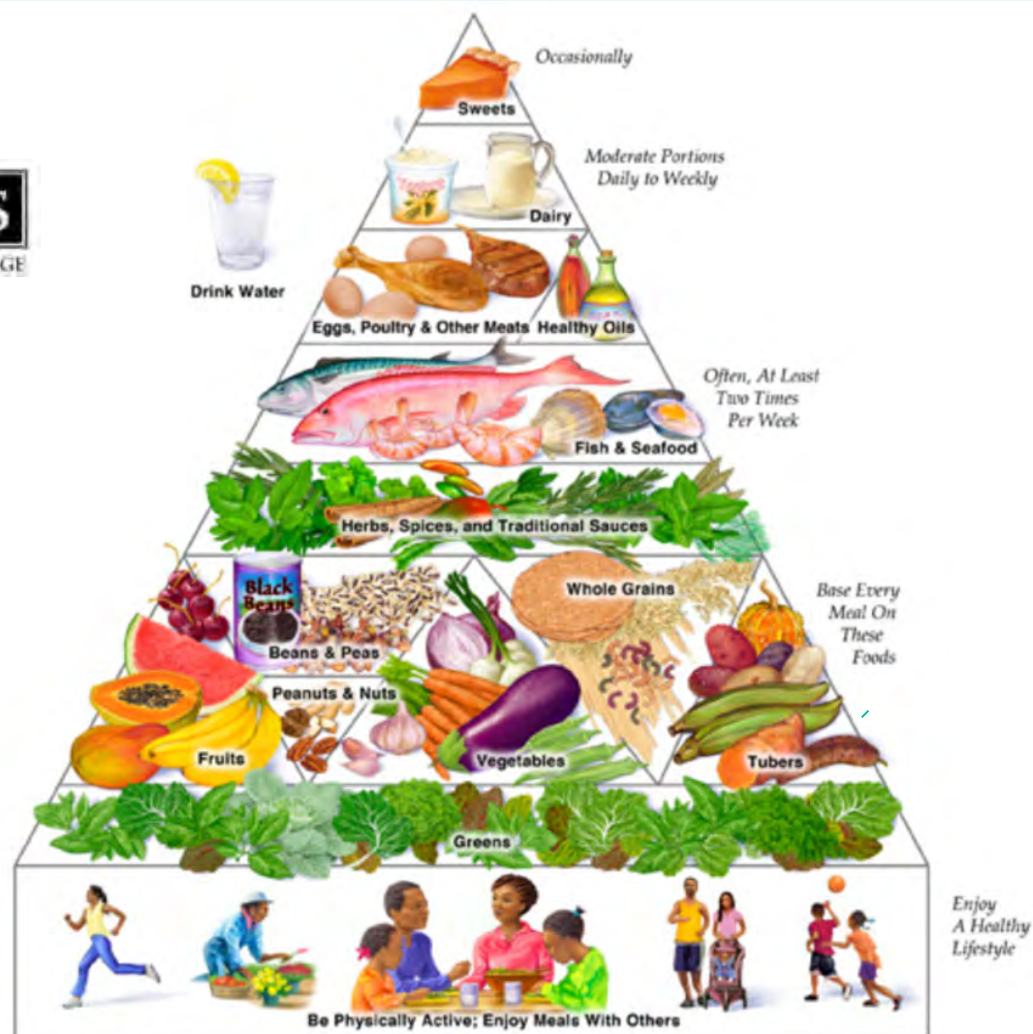


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Mediterranean Diet Pyramid

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HEALTH THROUGH HERITAGE

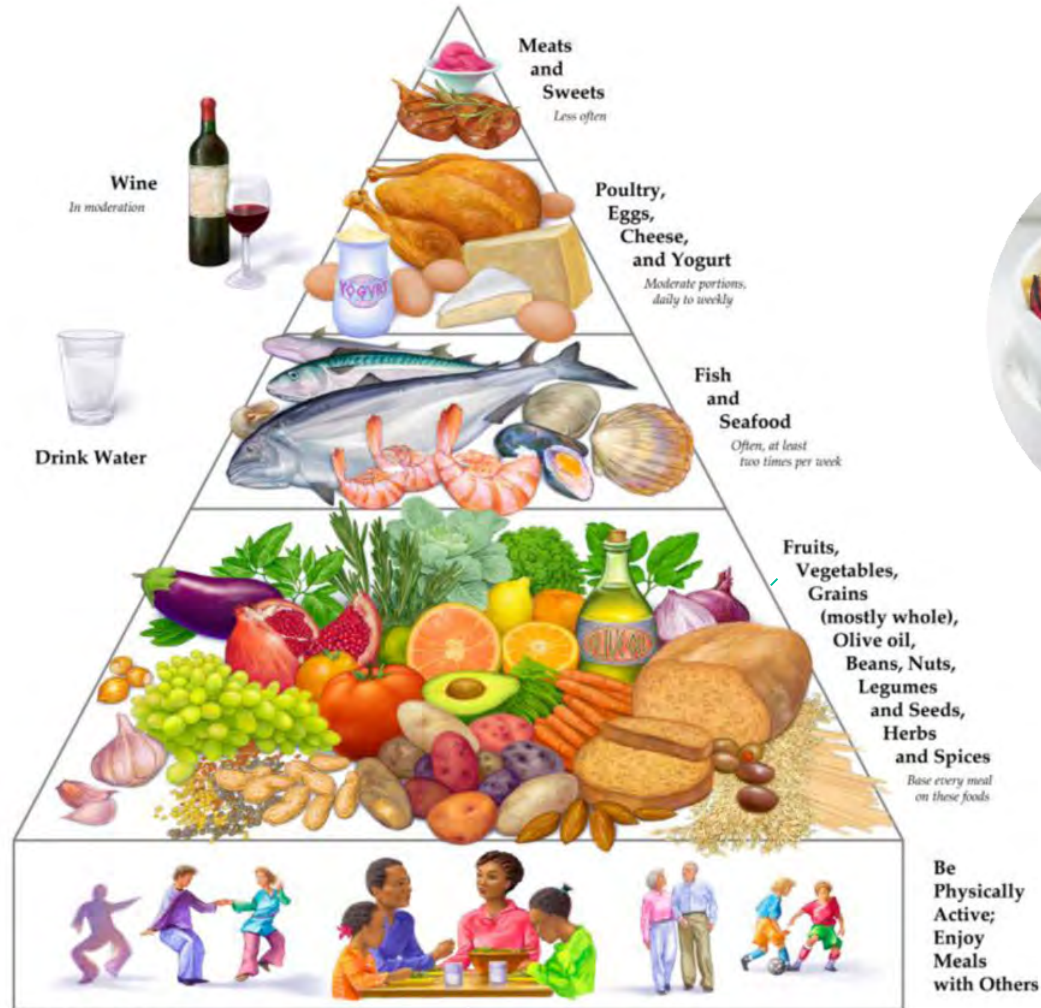


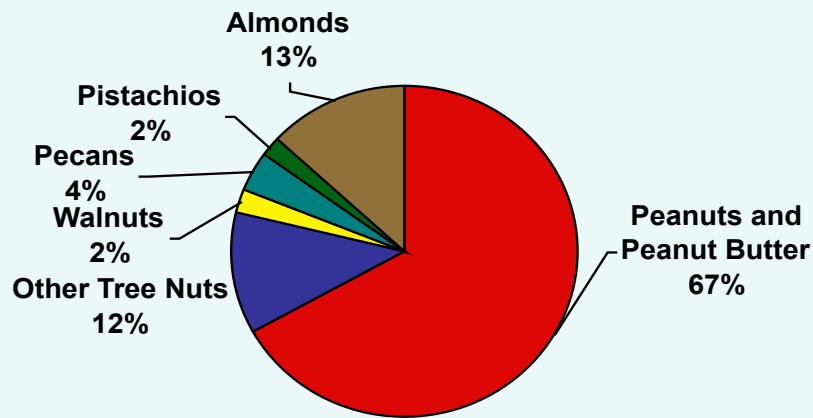
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The World of Nuts

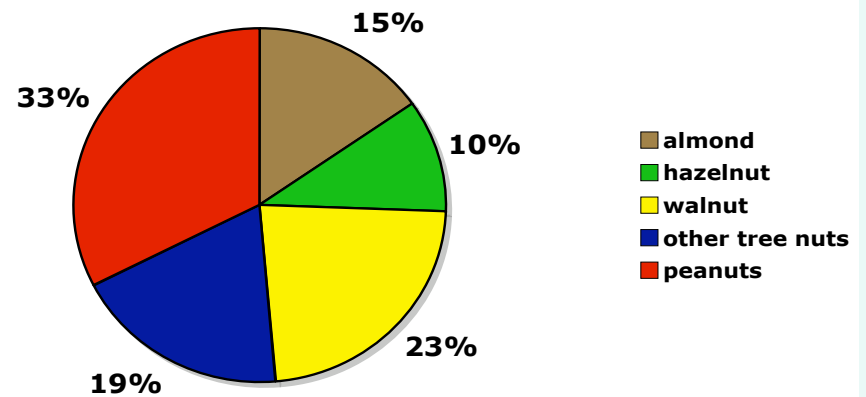
Peanuts are the most consumed nut



Nut Consumption in the US

USDA-ERS, 2009

European Consumers Reporting Intake



Denmark, France, Germany, Greece, Italy, Netherlands, Norway, Spain, Sweden, UK

BJNutr, 2006

Traditional Healthy Diets

- **Traditional Diets are**
 - Vegetable/Plant-Based
 - High in good unsaturated fats
 - High in plant proteins - peanuts –highest in protein
 - High nutrient density

600 Studies

REVIEW ARTICLE

A Systematic Review of the Evidence Supporting
a Causal Link Between Dietary Factors
and Coronary Heart Disease

STRONG

Mediterranean diet
High-quality diet
Nuts
Prudent diet
Monounsaturated fat
Glycemic index/ load
Vegetables
Trans fatty acids
Western diet

MODERATE

Dietary folate
Dietary vitamin E
Fiber
Fish
Marine omega-3 fatty acids
Supplemental folate
Whole grains
Dietary beta carotene
Supplemental beta carotene
Dietary vitamin C
Alcohol, light/moderate intake
Fruits
Alcohol, heavy intake

WEAK

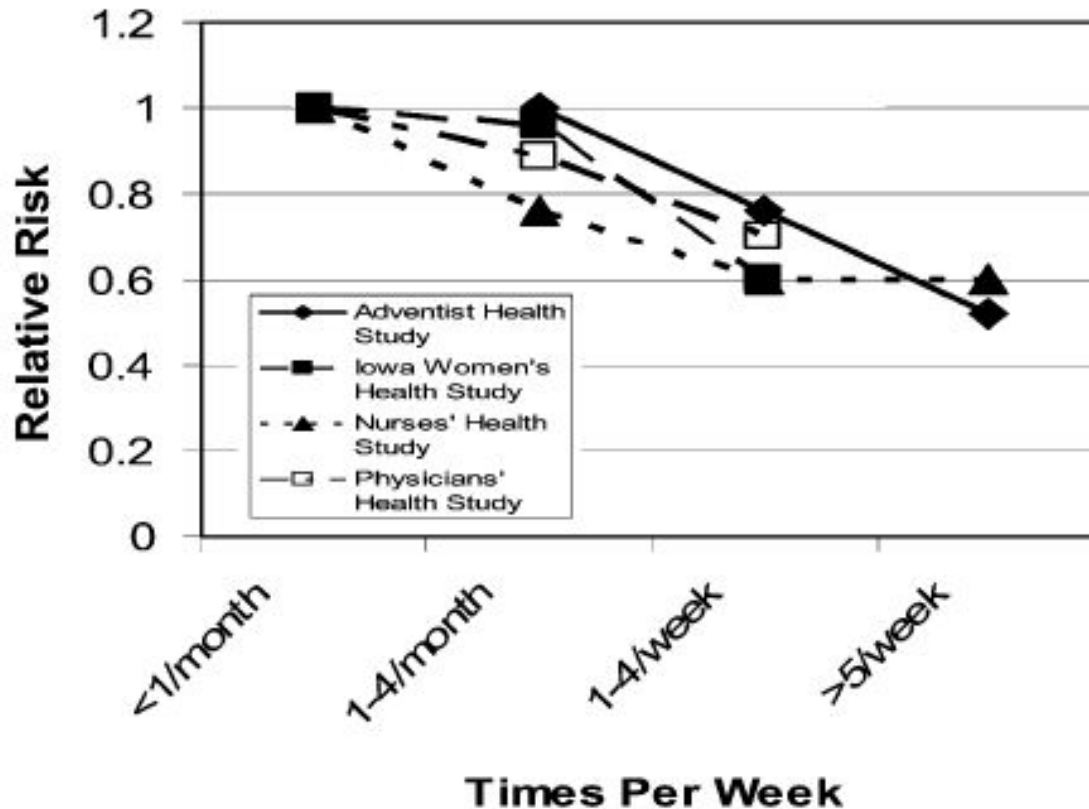
Supplementary vitamin E
Supplementary ascorbic acid
Total Fat
Saturated fat
Polyunsaturated fat
Omega-3 fatty acids, total
Meat
Eggs
Milk

Summary of Peanut/Nut Epi Studies

5 Major Studies; Over 260,000 People; 6-14 years

Health Outcome	Risk
Heart	25-50% reduction
Diabetes	27% reduction with 1 ounce peanuts 5x/wk 21% reduction with 1 Tbsp. PB (1/2 srv) 5x/wk
Gallbladder	25-30% reduction with more than 5x/wk
Colorectal Cancer	Up to 60% reduction in women (2 or + times per wk)
BMI	Lower in those who consume
Consumption	
Frequency	Increased frequency reduces risk (daily twice as good as weekly)
Amount	Small amounts (0.5-1.5 oz.) have an impact on risk reduction
Age	Any age benefits (infants to over 85 y.o.)
Population	Benefits high risk populations (Mex-Am adolescents, Diabetics)

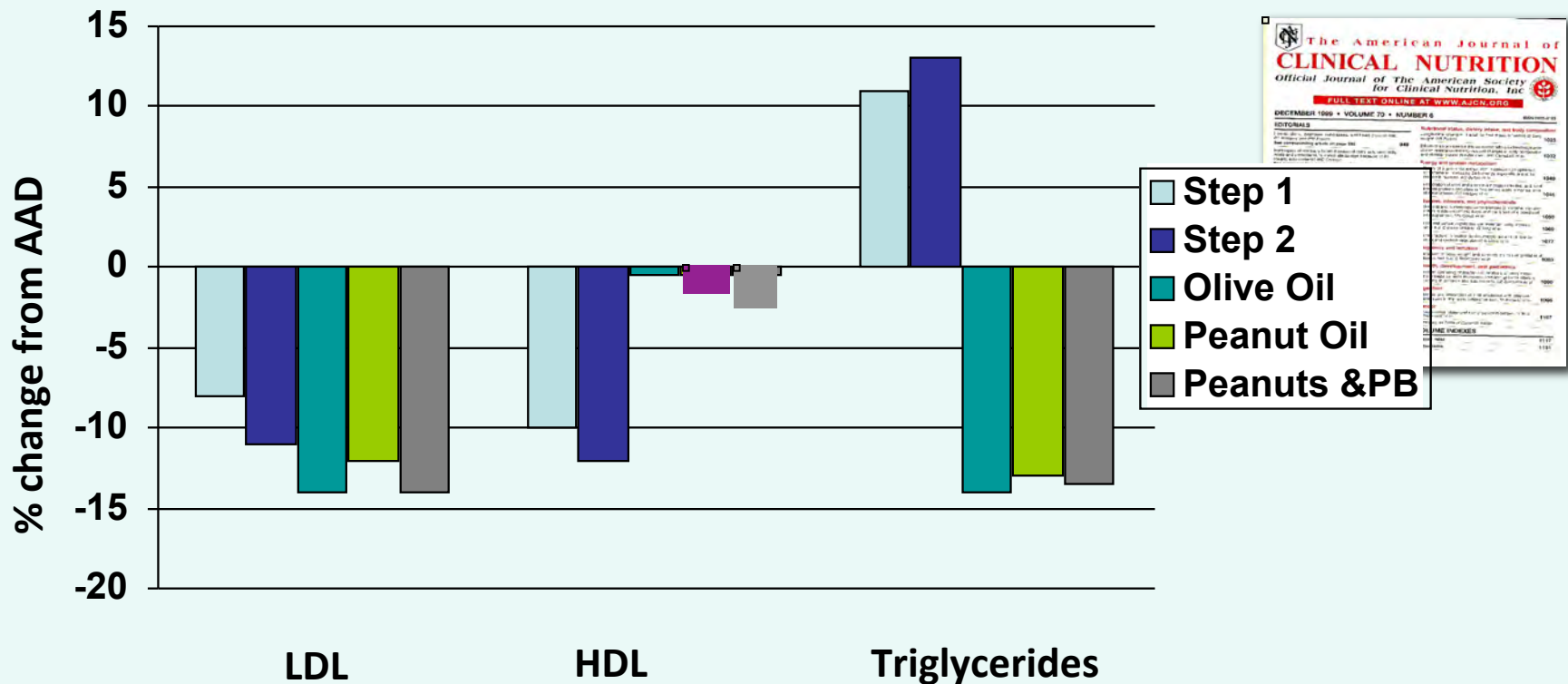
Peanuts Reduce Risk of CVD



Risk of
heart disease decreases
the more frequently you
eat peanuts

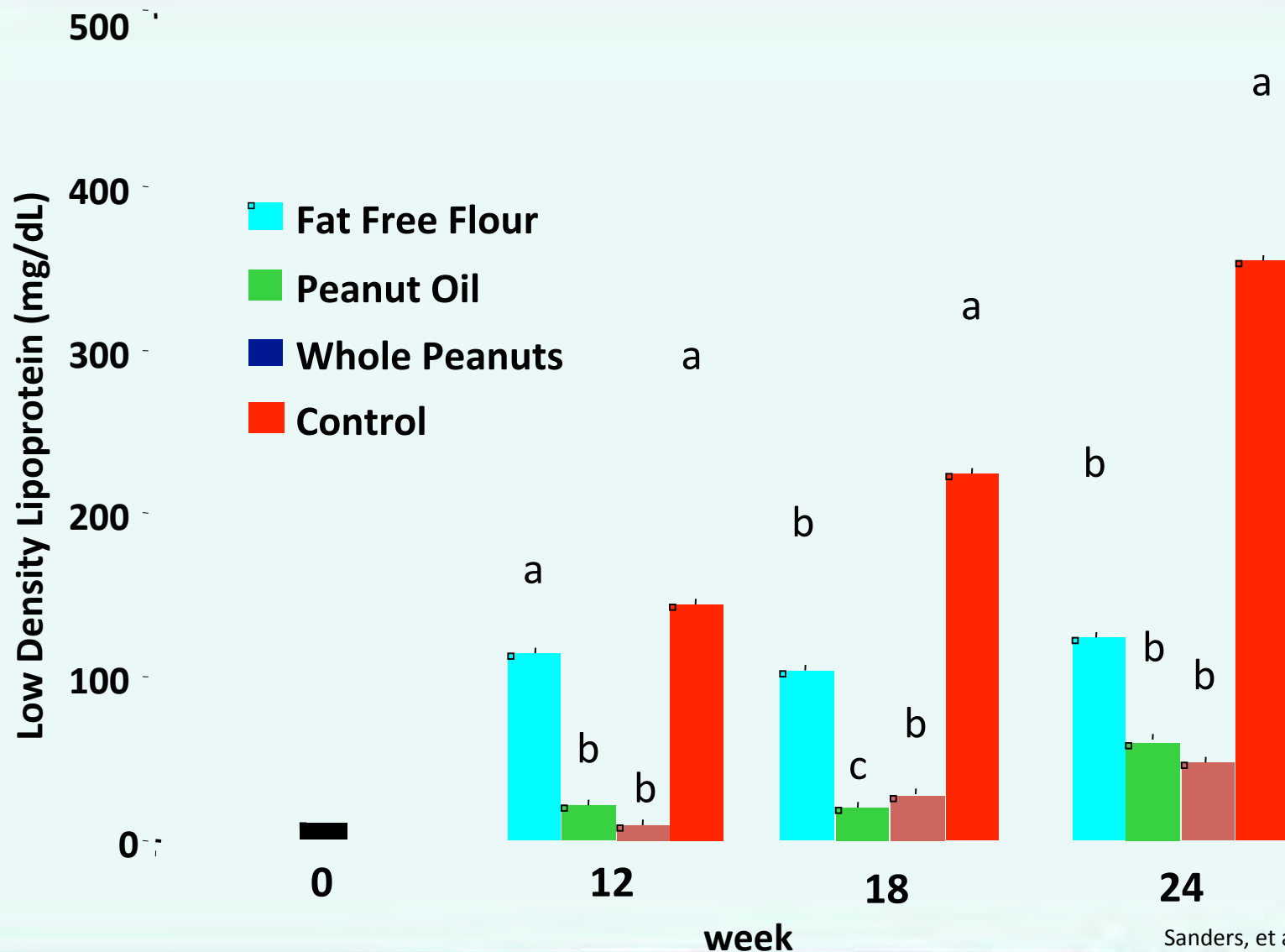
High MUFA Diets Favorably Affect CVD Risk vs. Step 1 & Step 2 (Lower Fat) Diets

Peanut diets as effective as olive oil diet for improving blood lipids.



Kris-Etherton et al. *AJCN*, 1999

All Parts of Peanuts Improve LDL-cholesterol



Sanders, et al. IFT, 2008

Risk of Diabetes Decreases the More Frequently You Eat Peanuts

Nut and Peanut Butter Consumption and Risk of Type 2 Diabetes in Women

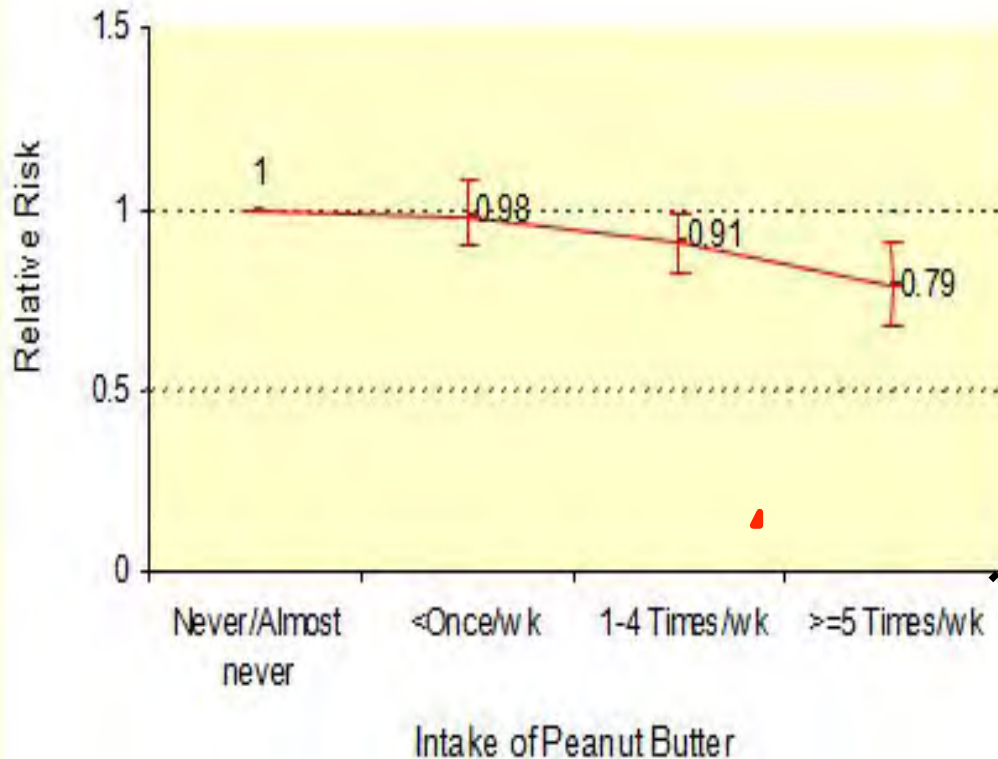
Rui Jiang, MD

JoAnn E. Manson, MD

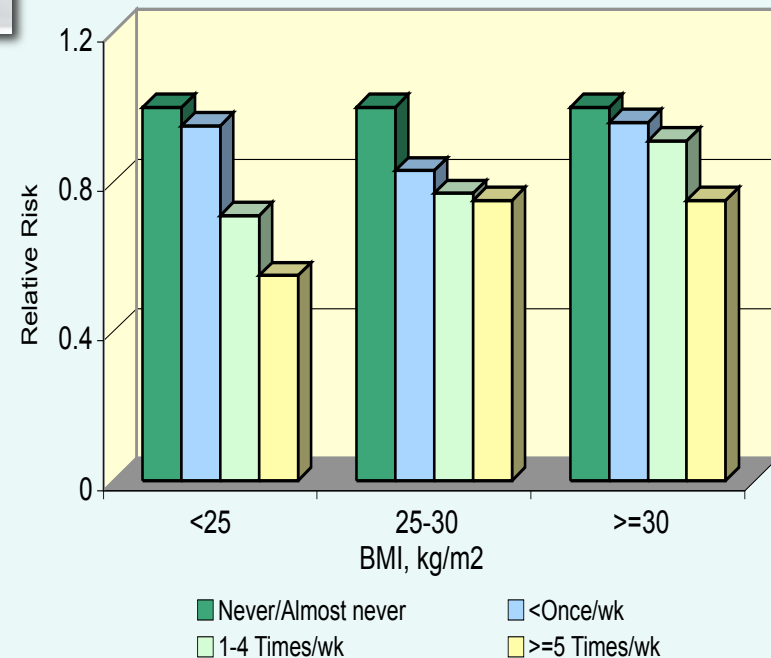
Context Nuts are high in unsaturated (polyunsaturated and monounsaturated) and other nutrients that may improve glucose and insulin homeostasis.

JAMA[®]

The Journal of the American Medical Association

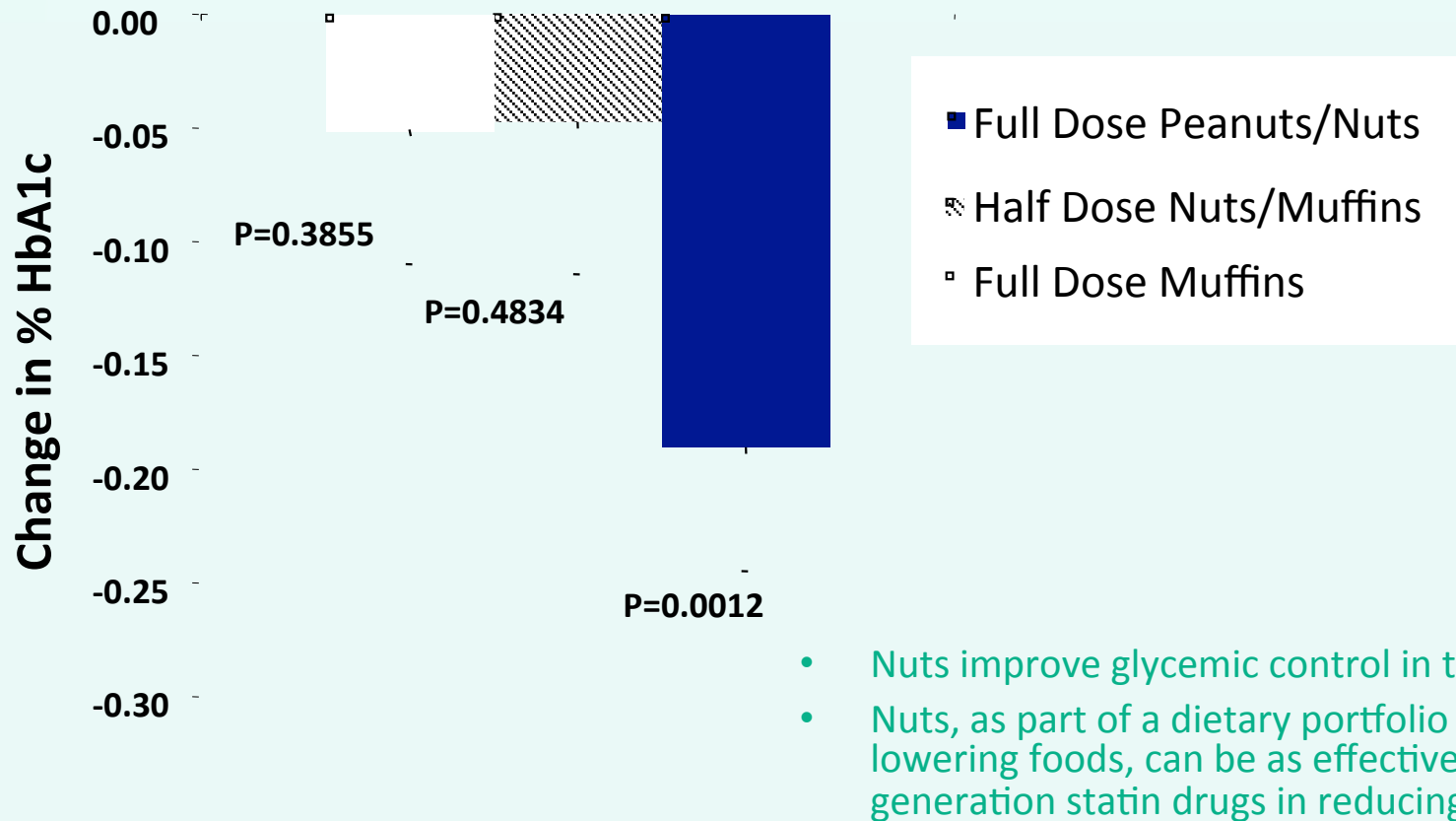


Even in Obese
(>30 BMI)



Jiang, et al. JAMA, 2002

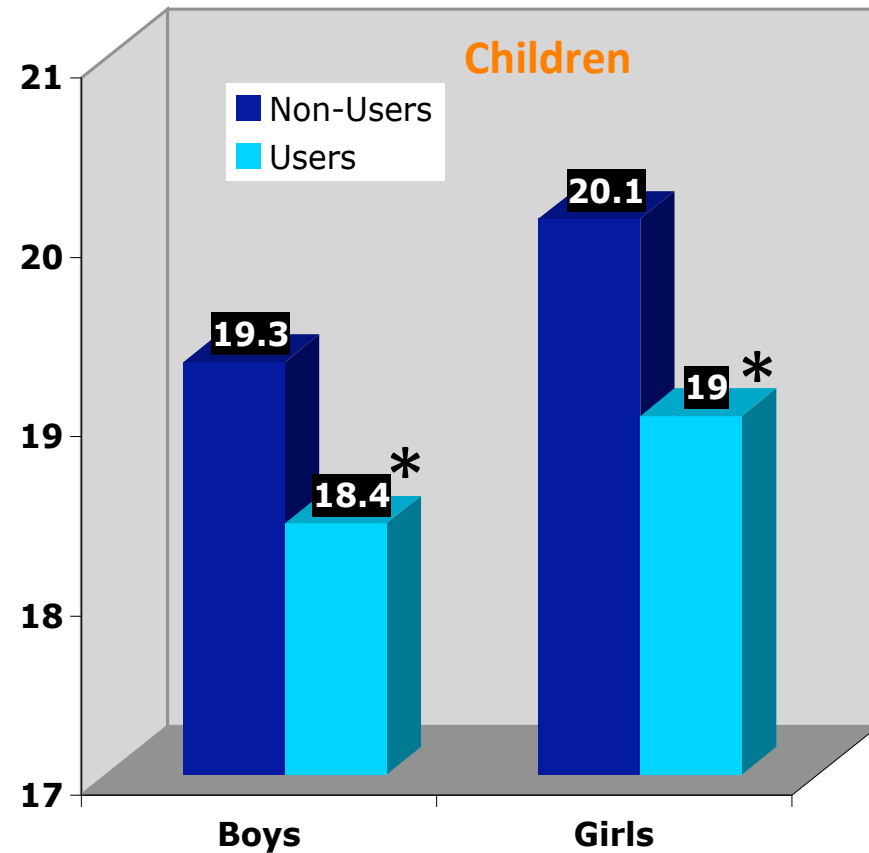
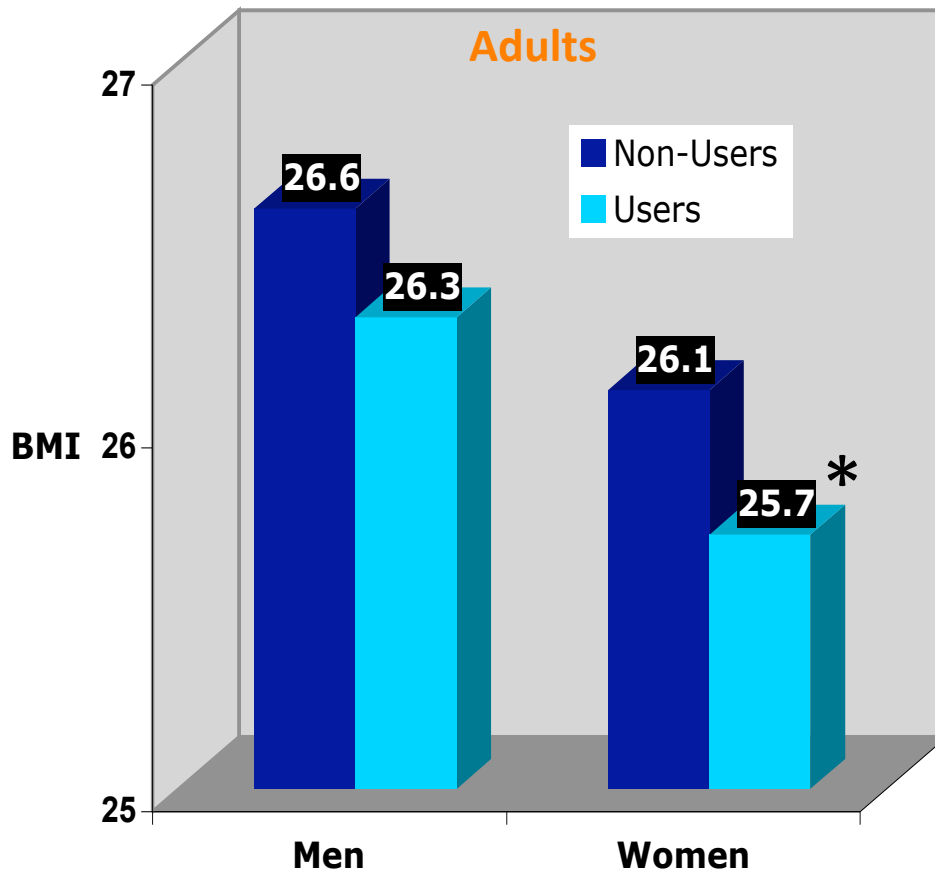
Change in % HbA1c from Baseline for Each Treatment Group at 12 Weeks



Jenkins, 2011; *Diabetes Care*

BMI of Peanut Users is Lower

Peanut/PB eaters have leaner bodies even though they consume more calories



*P<0.05

Griel, et al. *AJCN*, 2004

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A Unique Study: Family Life Overweight Prevention Program



Snack Intervention

Substitution of nutritious snack foods

Backpack Raid

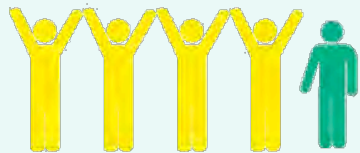
1 oz portion of peanuts or
 $\frac{3}{4}$ oz PB given daily at school



Children Lose Weight With Peanut Snacks

Effects of a School-based Weight Maintenance Program for Mexican-American Children: Results at 2 Years

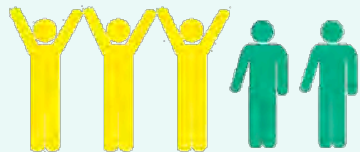
Craig A. Johnston¹, Chermaine Tyler¹, Brian K. McFarlin², Walker S.C. Poston², C. Keith Haddock², Rebecca S. Reeves⁴ and John P. Foreyt¹



**4 OUT OF 5
DECREASED
OR MAINTAINED**

Baseline to 1 year

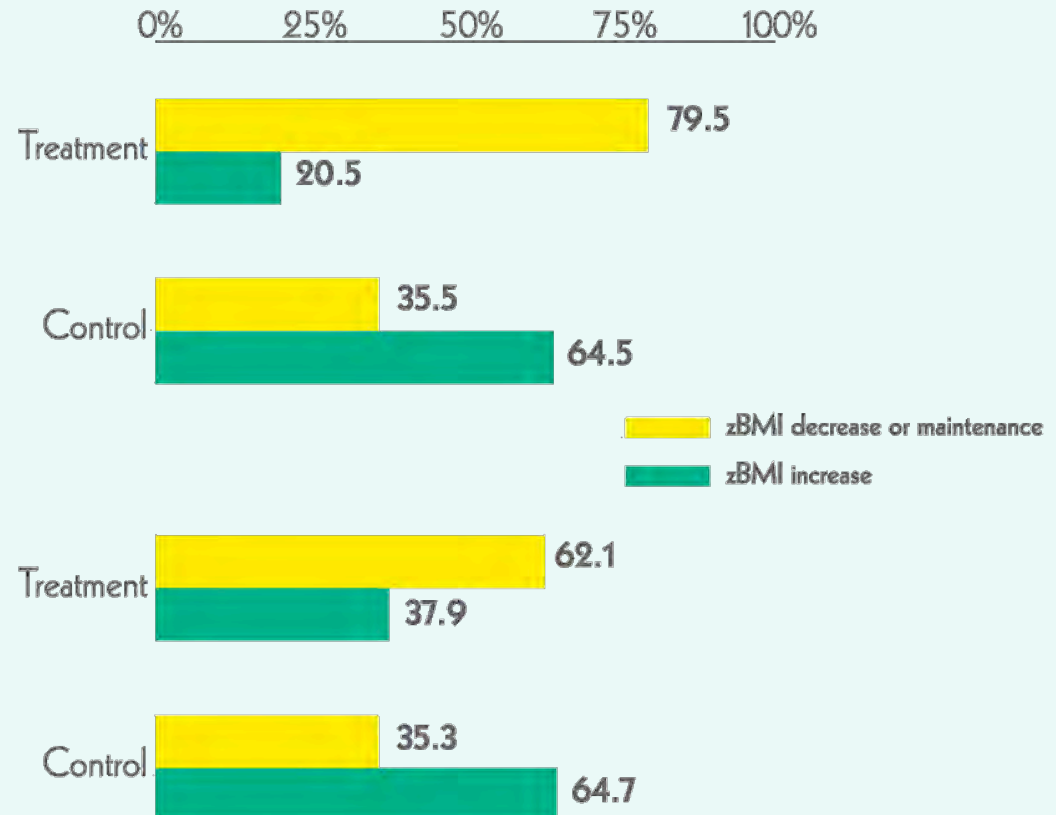
At **1 year**, **80%** of the **"treatment group"** (the children who swapped peanuts) **decreased or maintained** weight, while almost **65%** of the **control** group **gained** weight



**3 OUT OF 5
DECREASED
OR MAINTAINED**

Baseline to 2 years

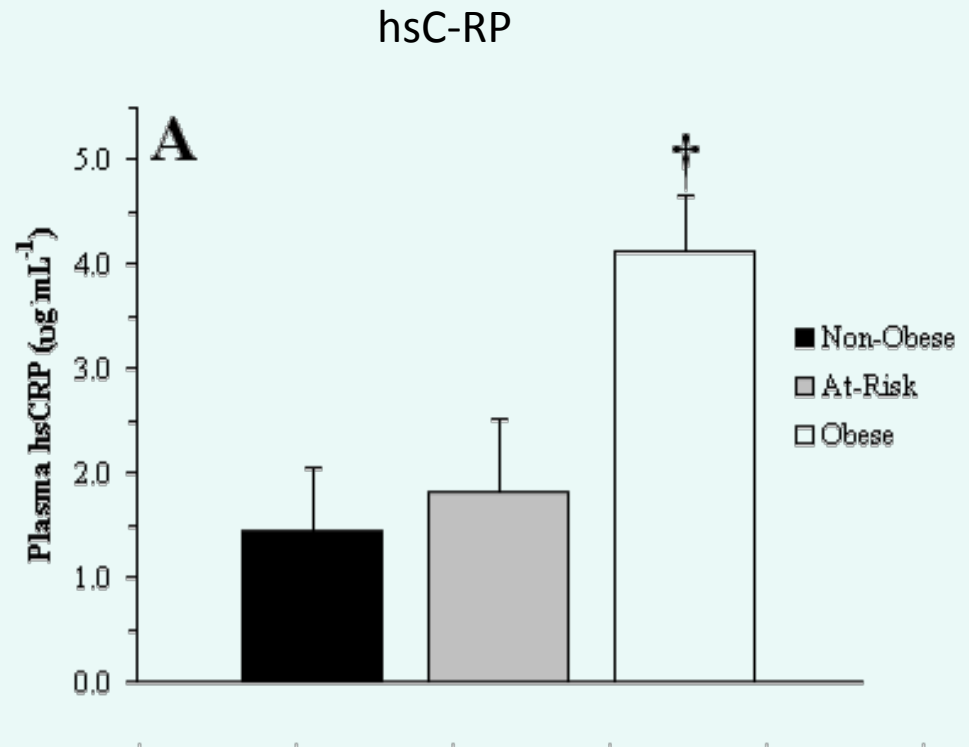
At **2 years**, **62%** of the **"treatment group"** decreased or maintained, which **65%** of the **control** group **gained** weight.



Johnston, et al. 2009; Obesity

The Peanut Group Reduced All Blood Endpoints

Peanut eaters	Less likely to be overweight (60% vs. 40%)
Hunger after peanut snack	3mo. ↓ ↓ 6mo. ↓ maintained
Total cholesterol	↓
“Bad” LDL cholesterol	↓
Triglycerides	↓ Trending
Inflammatory markers	↓ Trending much higher in obese
Waist size	↓
Quality of life	↑



Kids Eat More Veggies with PB

- Study compared vegetable consumption in children who were given peanut butter for dipping versus just vegetables.
 - Peanut butter was chosen as the flavor to be paired with the vegetables, because
 - it is rich in Dietary Guidelines nutrients of concern, namely vitamin E, magnesium, potassium, and fiber,
 - it is a preferred taste and
 - it has a satiating effect over high-carbohydrate snacks.
- Peanut butter proved to be a vehicle to increase consumption and variety of veggies
 - true for “vegetable resistant” children as well



Johnston et al., 2011;
JADA.

3 cup garbanzos, soaked overnight
1/2 cup lemon juice
peanut oil to taste
salt and pepper to taste
water as needed
2/3 cup creamy peanut butter
1 bu. italian parsley, chopped fine
1 ea. jalapeño, seeds removed, chopped fine
2 ea. garlic cloves, chopped fine

- Yield: 8 Cups



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Peanuts are Heart-Healthy



2012

2003

Qualified FDA 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.”



Criteria:

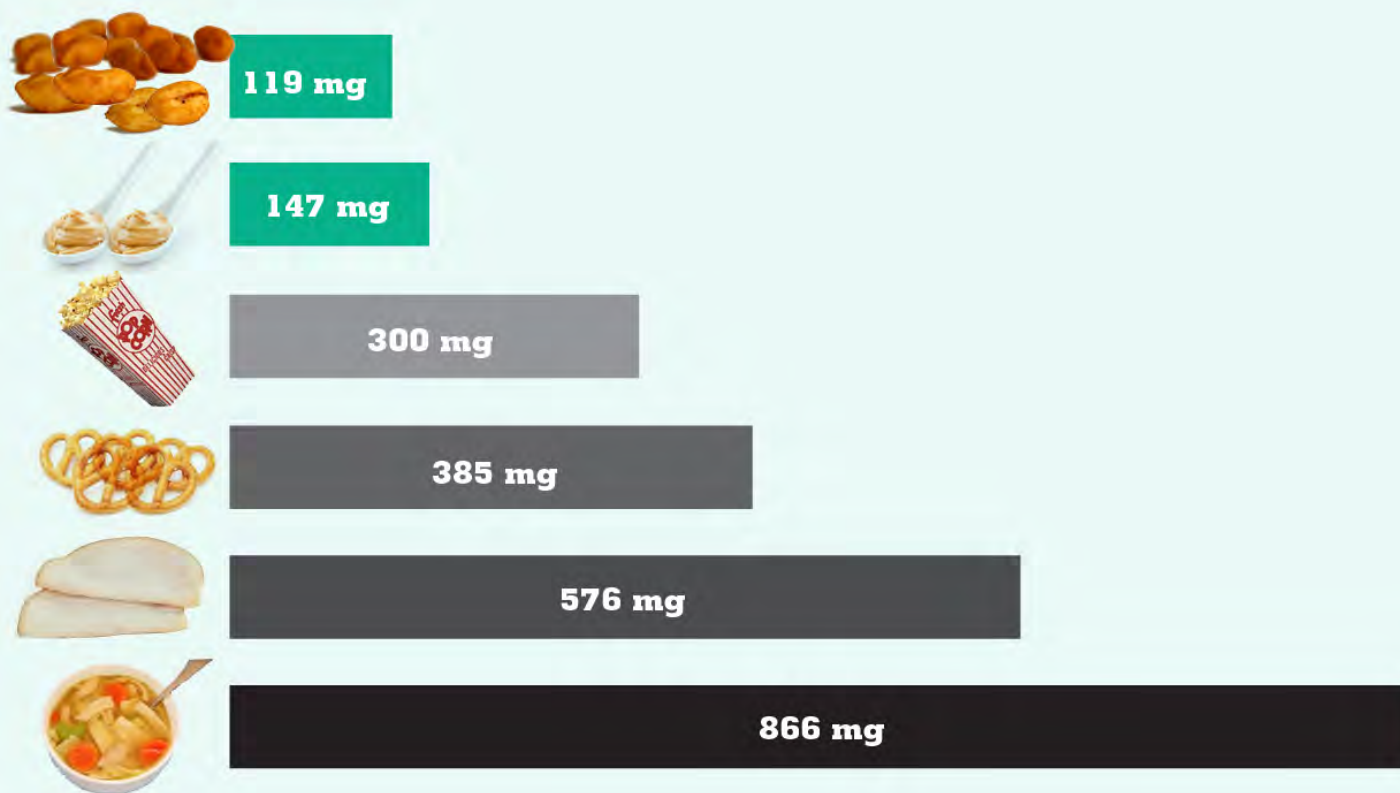
≤ 4 g saturated fat

≤ 140 mg Sodium

Sodium Surprise!



Salted Peanuts and Peanut Butter have less sodium than you may think...



Peanuts and Peanut Butter

America's Comfort Food



Join Us!

Partner with us to promote the role of peanuts in healthy diets:

- Supermarket tours
- Culinary demonstrations
- Games
- Activities
- Community connections



Traditional Diets

Many Ways to Fit Peanuts into Healthy Diets



Traditional Diets

Thank You!



For Questions:

Pat Kearney: 703-841-1600

www.peanut-institute.org

www.turkeyfrying.net