For the first time, a Key Recommendation in the new 2010 Dietary Guidelines says to consider the protein package that brings good fats along with it by putting emphasis on eating more plant-based proteins such as peanuts, because they contain healthy monounsaturated and polyunsaturated fats and other important nutrients.¹

According to USDA data, peanuts and peanut butter are 67% of the nuts eaten in the US. Consumer data highlights taste, health benefits, convenience, and affordability as the reason.²

The new Dietary Guidelines explains, “A healthy eating pattern focuses on nutrient-dense foods—vegetables, fruits, whole grains, fat-free or low-fat milk products, lean meats and poultry, seafood, eggs, beans and peas, and nuts and seeds that are prepared without solid fats, sugars, starches, and sodium”¹

¹USDA does not endorse any products, services, or organizations.

²www.peanut-institute.org
Peanuts and Peanut Butter Can Reduce the Risk of Chronic Diseases

Heart Disease & Diabetes
Previous studies have shown that a small amount of peanut consumption per day, about 1 to 1 ½ ounces, reduces the risk of heart disease by half; peanut consumption has been shown to promote vasodilation. A daily ‘dose’ of peanuts can also reduce the risk of diabetes by one-quarter, gallbladder disease and colorectal cancer by at least one-third, and lowers body weight in those than consumed.

Studies have shown that the more frequently a person consumes peanuts, the greater the risk factors for cardiovascular disease are decreased. In fact, there is also a linear relationship between the frequency of peanut consumption and the risk for diabetes. Consumption of peanuts has shown to improve blood glucose control and blood lipids in people with type 2 diabetes without causing weight gain.

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.”

Weight Management/Satiety
Compared to other snack foods, peanuts keep you fuller longer and help manage weight because of their high satiety value and likeability. Multiple studies show that participants who ate peanuts and peanut butter had a lower Body Mass Index (BMI) and more nutritious diets.

Vitamins and Minerals
Including peanuts in the diet also makes it easier to achieve important nutrient goals set by the U.S. government in the U.S. Dietary Guidelines. Nutrients such as vitamin E, folate, magnesium, zinc, iron, and dietary fiber are improved in the diets of peanut-eaters.

“Consumption of a balanced variety of protein foods can contribute to improved nutrient intake and health benefits. For example, moderate evidence indicates that eating peanuts and certain tree nuts (i.e., walnuts, almonds, and pistachios) reduces risk factors for cardiovascular disease when consumed as part of a diet that is nutritionally adequate and within calorie needs. Because nuts and seeds are high in calories, they should be eaten in small portions and used to replace other protein foods, like some meat or poultry, rather than being added to the diet. In addition, individuals should choose unsalted nuts and seeds to help reduce sodium intake”.

“Dietary fat and intermediate risk factors do not affect CVD risk in a uniform way. Numerous factors influence CVD risk, including fatty acids (n-3 fatty acids, specific SFA, MUFA, and PUFA, and trans fatty acids); carbohydrate quantity, type and quality; intake of legumes, nuts, fruits, and vegetables; as well as micronutrients”.

Peanuts also contain: niacin, pantothenic acid, riboflavin, choline, vitamin B6, phosphorous, zinc, iron, copper, manganese, selenium, and phytosterols.
Incorporating Peanuts & Peanut Butter into MyPlate with Every Meal!

**GRAINS:** “Make at least half your grains whole.”
- Whole grain toast with peanut butter
- Oatmeal with peanut butter stirred in
- Whole grain pasta with a peanut sauce
- Whole grain pita with peanut butter hummus

**FRUITS & VEGETABLES:** “Make half your plate fruits and vegetables.”
- Waffle topped with peanut butter and fresh strawberries
- Half of an apple with peanut butter spread on top
- Fruit salad topped with crushed peanuts
- Salad with a spicy peanut dressing
- Celery, carrots, or broccoli dipped into peanut butter
- Veggies dipped in peanut butter hummus

**DAIRY:** “Increase intake of fat-free or low-fat milk and milk products.”
- Smoothie with peanut butter and fat-free or low-fat frozen yogurt

**PROTEIN:** “Vary your protein food choices. Keep meat and poultry portions small and lean.”
- Peanuts and peanut butter are a great protein and fiber alternative.

**OILS:** “Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.”
- Use refined peanut oil in place of other oils for extra flavor. It adds nutrients and healthy fats to your meal and is allergen-free.

“Consumption of a balanced variety of protein foods can contribute to improved nutrient intake and health benefits.”

“Shift food intake patterns to a more plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds.”

Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns. The fats in meat, poultry, and eggs are considered solid fats, while the fats in seafood, nuts, and seeds are considered oils.

“USDA does not endorse any products, services, or organizations.”
References


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Peanut Banana Bread

**Ingredients:**
- 1/3 cup butter
- 2/3 cup sugar
- 1 egg
- 2 egg whites
- 1/2 tsp. lemon extract
- 1 1/4 cups mashed, ripe bananas
- 1 cup white flour
- 3/4 cup whole wheat flour
- 2 1/2 tsps. baking powder
- 1/4 tsp. salt
- 3/4 cup coarsely chopped, unsalted, dry-roasted peanuts

**Directions:**
In a large bowl, cream together butter and sugar with a mixer. Add eggs, lemon extract and bananas. Mix well. Sift together flours, baking powder and salt. Gradually add to banana mixture. Fold in peanuts. Pour into a greased 8 1/2-inch by 4 1/2-inch loaf pan. Bake in a 350 degree oven for 1 hour or until done.