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 Peptide 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.

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”.

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.
GET THE MOST OUT OF YOUR SNACKS

Peanuts and peanut butter are the perfect snack to ward off hunger later in the day. Research shows that people had improved feelings of fullness and better satisfaction from eating peanuts and peanut butter than other high carbohydrate snacks, such as rice cakes.3

However, peanuts and peanut butter don’t just control appetite, they are also high in nutrition. They contain more protein than any other nut and are a good or excellent source of 8 vitamins and minerals, making them the most nutrient dense nut.4 They are also a good source of fiber and contain many bioactives like resveratrol, the same chemical found in red wine shown to slow aging and improve overall health.1 A study at Penn State University showed that people who eat peanuts regularly have diets with higher nutrient quality.6

FILL UP ON FIBER

Peanuts contain about 2.5g of fiber per 1-ounce serving, which is considered a “good source” by the FDA.4 Fiber adds bulk to food by absorbing water in the stomach and expanding to make us fuller. In addition, fiber plays an important role in helping to maintain blood sugar. Although fiber is a carbohydrate, it is not absorbed by the body and does not raise blood sugar.8,9

The recommended intake of fiber is 25g per day for women and 38g per day for men, but the average adult only gets about 14g of fiber per day.10 Pairing peanuts or peanut butter with other high fiber foods is a tasty and convenient way to increase fiber intake. In fact, a peanut butter sandwich made with whole grain bread provides about 8g of fiber, and adding a fruit like a banana or apple can increase the fiber to more than 12g.4

According to research done by NHANES, 25% of people’s caloric intake comes from snacks.7 Choosing a nutrient dense snack to help curb appetite, like peanuts, may help you maintain your diet and improve overall nutrition.
PEANUTS ARE SATISFYING AND FLAVORFUL

Peanuts and peanut butter are a favorite food that is affordable and well liked by all ages. 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. The healthy oils in peanuts provide taste and the protein provides satiety so people don’t feel deprived.

Peanuts and peanut butter also pair well with many foods to provide a variety of meal and snack options. Try adding peanut butter to oatmeal in the morning, sprinkling peanuts on salads or wraps, adding peanut butter to sauces, or adding peanut butter to baked goods in place of butter or margarine. The options and flavor combinations are endless!

Did you know

Peanuts and peanut butter can also help kids maintain their weight. In one study, 12-year old children who ate peanuts as a snack on a daily basis lost a significant amount of weight over six months, and maintained their weight loss for two years.

MAINTAIN WEIGHT WITH PEANUTS

Although peanuts are an energy dense food, research consistently shows that eating peanuts or peanut butter is not associated with weight gain or a higher BMI, in fact, the opposite is true. Frequent peanut and peanut butter eaters have lower BMIs and body weight even though they consume more calories. In addition, compliance with weight loss plans is improved when peanuts or peanut butter are included in the diet.

In one study, three times as many people stuck with a “good” fat weight loss diet that included peanuts and peanut butter in a Mediterranean-style diet vs. a low-fat diet. In addition, people who consumed a higher “good” fat diet from peanuts vs. a low-fat diet, were able to maintain their weight loss; whereas those on a low-fat diet ended up gaining more weight than when they started.

Peanuts elicit strong dietary compensation by reducing the desire to eat and research shows people naturally compensate for up to 3/4 of the calories consumed from peanuts by consuming fewer calories throughout the day.

Other factors that may play a role in why peanuts can help with weight maintenance, includes their effects on metabolism and digestion. In one study, resting energy expenditure increased by 11% after regular peanut consumption for 19 weeks, and another study showed 15-18% of calories from peanuts are excreted and not absorbed by the body.

It is likely there is no individual component of peanuts responsible for their powerful effects on health and diet, but the complete package they provide that offers these benefits and makes them unique assisting with weight management and satiety.
PEANUTS AND PEANUT BUTTER HELP PREVENT BLOOD SUGAR CRASHES

Glycemic index is a point scale used to compare how high your blood sugar and insulin spike after eating the same amount of carbohydrates from different foods. Foods that are digested more slowly and release sugar gradually into the blood stream have a lower GI. Peanuts and peanut butter are considered a low GI food.

Higher GI foods can cause blood sugar and insulin to spike soon after eating, followed by a drop in blood sugar to levels lower than before consumption. This crash in blood sugar can make a person feel tired and hungry for more food, and the roller coaster cycle of highs and lows can contribute to the development of pre-diabetes and diabetes.

Peanuts help keep blood sugar more even and prevent crashing, keeping energy levels and appetite in check. In one study, participants who had either the vinegar or peanuts/peanut butter ate slightly less throughout the remainder of the day. Peanuts’ low carbohydrate content and ability to stabilize blood sugar can reduce hunger and may account for the reduced eating observed in the study.

AVOID THE ROLLER COASTER

REFERENCES