



PEANUT OIL HEALTH BENEFITS

Peanut oil is one of the healthiest oils. It is a vegetable oil that is naturally trans fat-free, cholesterol free, and low in saturated fats. Peanut oil is high in unsaturated fats, especially monounsaturated fat, like the one found in olive oil. It is also a source of the antioxidant vitamin E and phytosterols, which benefit heart health.

PEANUT OIL NUTRITION STUDIES

The health benefits of peanut oil on blood lipids and heart health were looked at in a controlled human study conducted at Penn State University. The study assigned subjects to one of four diets:

1. Moderate-fat – 1/2 fat from peanut oil (PO)
2. Moderate-fat – 1/2 fat from olive oil (OO)
3. Moderate-fat – 1/2 fat from peanuts and peanut butter (PPB)
4. Low-fat Step II diet (American Heart Association/National Cholesterol Education Program)
5. Average American diet – (AAD)

The PO and PPB diets significantly improved total and “bad” LDL cholesterol levels, similar to olive oil, when compared to an AAD. Cardiovascular disease risk was also significantly reduced by the PO and PPB diets, similar to the OO diet.

In another human study, weight loss was measured in those on a moderate-fat diet versus a low-fat diet. Peanut oil was substituted for half of the fat in the moderate fat diet. Subjects on the diet including peanut oil lost weight and had improved cholesterol and triglyceride levels.

TYPES AND BENEFITS OF PEANUT OIL

Main Types, Multiple Benefits

Refined Peanut Oil - Refined peanut oil, like all processed vegetable oil, has been refined, bleached and deodorized. This process removes the allergy-causing protein component of the oil, making it non-allergenic. Refined peanut oil is the main type of healthy oil utilized in major U.S. fast-food chains.

Gourmet Peanut Oil - Gourmet roasted peanut oils are not refined and are considered specialty oils. They provide significant levels of vitamin E and phytosterols and are available in many retail outlets.

100% Peanut Oil - Packaging can be confusing at times. Sometimes oils are blended. To receive all of the benefits of peanut oil for your turkey fry, look for “100% peanut oil” as the only ingredient on the label.

Who Recommends Peanut Oil?

The 2010 US Dietary Guidelines recommend that fat intake should emphasize monounsaturated and polyunsaturated fats, such as those found in seafood, nuts, seeds, and oils.

The American Heart Association says, “Most of the fats you eat should be the “better” fats—monounsaturated or polyunsaturated fats.” Vegetable oils (canola oil, olive oil, peanut oil, sunflower oil), avocados, nuts and seeds, and seafood are recommended sources of these fats.



PEANUT OIL AND ALLERGY

REFINED PEANUT OIL IS NOT ALLERGENIC

- Highly refined peanut oil is different from peanuts and from gourmet peanut oil because it does not contain peanut allergens.
- When peanut oil is refined, it is purified, refined, bleached, and deodorized, which removes the allergenic proteins from the oil.
- The majority of peanut oil used by foodservice and consumers has been highly refined and processed.
- The FDA does not consider highly refined peanut oil as a food allergen.

Research shows that highly refined peanut oil, which has had all of the allergenic proteins removed, does not cause an allergic response in severely allergic individuals. A controlled human study published in the British Medical Journal tested refined peanut oil in 60 severely allergic individuals, and found that “refined peanut oil did not pose a risk in any of the subjects” who were allergic to peanuts.



THE FDA FOOD ALLERGEN LABELING AND CONSUMER PROTECTION ACT OF 2004 and the FEDERAL FOOD, DRUG, AND COSMETIC ACT state, “highly refined oils and ingredients derived from highly refined oils are excluded from the definition of ‘major food allergen.’”

FUN WITH PEANUT OIL

Perfect for Deep-Frying

Peanut oil has a pleasing and sometimes light nutty flavor. In addition to its great taste, peanut oil is perfect for deep-frying because it does not absorb the flavor of other foods cooked in the oil. Due to this unique property, you can cook several different items in the same batch of peanut oil and each will maintain their own great taste.

Peanut oil is also one of the world’s traditional deep-frying oils because it can reach such a high temperature. This will keep the outside of the food crispy and the inside very moist. Peanut oil works well with all types of cooking and has been the oil of choice for frying by numerous restaurants for many years because it tastes great.

Deep-Frying Tips from The Culinary Institute of America

- Keep a safe distance from the fryer.
- Read and understand the manual that comes with your fryer.
- Never attempt to deep-fry indoors (unless working with a special indoor table-top fryer).
- Never leave the fryer unattended.
- Do not allow pets or children near the fryer.
- Do not attempt to fry turkey in rainy weather.
- Wear long, thick gloves and goggles.
- Do not cover with lid while frying.
- Allow oil to cool to 110 degrees before handling or cleaning up.



DEEP-FRIED TURKEY

Deep-fried turkeys in peanut oil are now the second most preferred way to prepare turkey, but take much less time than a traditional roasted turkey and is very similar from a nutritional standpoint. A 4-ounce serving of roasted turkey has 241 calories and 12 grams of fat while a 4-ounce serving of turkey deep-fried in peanut oil comes in at 253 calories and under 14 grams of fat, a very subtle difference.⁷⁴

Peanut oil is traditionally used to prepare a deep-fried turkey because of its great taste and high smoke point. It is naturally trans fat-free, cholesterol free, and low in saturated fats. Many are not aware that frying in 100% peanut oil is allergen-free as well. Peanut oil is high in unsaturated fats, especially monounsaturated fat. It is also a source of vitamin E and phytosterols, which benefit heart-health.

TRADITIONAL TURKEY FRYING WITH PEANUT OIL IS HEALTHY

Peanut oil is naturally heart-healthy

- Peanut oil is high in monounsaturated fat. This type of fat is recommended more than other fats in the Mediterranean diet.
- People eating a diet with half of their fat from peanut oil significantly improved their total and bad LDL cholesterol, similar to olive oil.
- The healthy mono- and polyunsaturated fats in peanut oil are recommended by the U.S. Dietary Guidelines.

Peanut oil has nutrients in addition to healthy fats

- Both gourmet and refined peanut oil have vitamin E, an antioxidant beneficial to our health. Vitamin E is absorbed better when we eat it with fat.
- According to the State University of New York at Buffalo, peanut oil has more phytosterols than olive oil.
- In addition to protecting against heart disease, phytosterols in peanut oil protect against cancer by inhibiting tumor growth and preventing it's spread to other parts of the body.



FOR FRIED TURKEY RECIPES AND MORE INFORMATION ON PEANUT OIL, VISIT WWW.TURKEYFRYING.NET