KEY POINTS FROM STUDY

Vegetable protein and vegetable fat intakes in pre-adolescent and adolescent girls, and risk for benign breast disease in young women

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Results were seen with just two servings a week of peanut butter or peanuts.

Young girls who consumed a serving of peanut butter or peanuts at least twice a week reduced their risk of benign breast disease (BBD) in young adulthood by up to 39%.

Peanuts were most likely the driving factor of the results for all nuts in the study.

It is likely, that even though they are grouped in with all nuts in the study, peanuts drove the positive results due to the fact that the majority of nuts consumed in the U.S. are peanuts.[1]

First study to look at reported dietary intakes prospectively reported by adolescent girls.

Previous studies from dietary recalls by adults later in life have shown that peanuts consumed in high school lowered the risk of BBD by one-third, and other nuts required twice the amount to have the same effects.[2]

Peanut butter and peanuts were more effective than other vegetable proteins.

In the study, beans, lentils, soy, vegetable oil, green beans, and broccoli were not significant in reducing risk, whereas peanut butter and peanuts were highly significant.

Peanut butter was protective for all ages.

Peanut butter, high in plant protein and vegetable fat, was shown to reduce the risk of BBD at any age in the study.

Vegetable protein intake, from peanut butter and peanuts, was protective for 14-year-old girls.

Cumulative vegetable protein intake, mainly due to peanut butter and peanuts, decreased the risk of BBD in 14-year-old girls.

Vegetable fat intake, from peanut butter and peanuts, was protective for 11-year-old girls.

Cumulative vegetable fat intake, mainly due to peanut butter and peanuts, was shown to decrease the risk of BBD in 11-year-old girls by up to 44%.

Results were most significant with girls who had a family history of breast cancer.

Higher intakes of all vegetable fat, mostly from peanut butter and protein, significantly decreased the risk of BBD. In addition, benefits against BBD were shown for peanut butter and peanut consumption before and after the onset of menses.

Pre-adolescent and adolescent years may represent critical age for prevention.

Breast development and changes in hormonal environment at ages 11-14 make adolescence a critical time period for reducing risks of breast cancer with improved dietary choices, such as including peanut butter or peanuts twice a week.

1. USDA-ERS. 1990-1997 Data. Available: http://www.ers.usda.gov/
2. Su X, et al. Intake of fiber and nuts during adolescence and incidence of proliferative benign breast disease. 2010 *Cancer Causes Control* 21:1033–1046.

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