



PEANUTS AND PEANUT BUTTER FIT INTO HEALTHY EATING PATTERNS



USDA MYPLATE

Peanuts are eaten like nuts as snacks and are included in the US dietary guidelines and related dietary guidance represented in the "protein group," along with other types of nuts.¹



Peanuts are considered part of the protein group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake.

Peanuts and peanut butter are a nutrient-dense protein source bringing more nutrition than animal foods. They provide about 8g protein per serving, and are a good source of fiber and many vitamins and minerals.

"Some protein products, particularly some animal-based sources, are high in saturated fat, so non-fat, low-fat, or lean choices should be selected. Fat intake should emphasize monounsaturated and polyunsaturated fats, such as those found in seafood, nuts, seeds, and oils."²

- Dietary Guidelines 2010

Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

USDA, 2011

1 oz of nuts or seeds =

2 oz protein equivalent¹

Not only will, eating a handful of peanuts a day reduce the risk of many chronic diseases, but can also provide about ½ to 1/3 of the USDA recommended daily protein requirements.



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MEDITERRANEAN DIET

Part of the success of the Mediterranean diet at preventing heart disease is the emphasis on whole grains, fruits, vegetables, and healthier fats. These healthy fats are found in nuts and seeds—including peanuts—and are a staple of the Mediterranean diet.

The 2010 US Dietary Guidelines advocate adoption of a Mediterranean-style diet, stating, "...Although no well-accepted set of criteria exist, a traditional Mediterranean diet can be described as one that emphasizes breads and other cereal foods (usually made from wheat), vegetables, fruits, nuts... and is reduced in saturated fat, meat, and full-fat dairy products."

Perhaps there is a synergy among the nutrient-rich foods included in the Mediterranean diet that fosters favorable changes in intermediate pathways of cardiometabolic risk, such as blood lipids, insulin sensitivity, resistance to oxidation, inflammation, and vasoreactivity.⁹

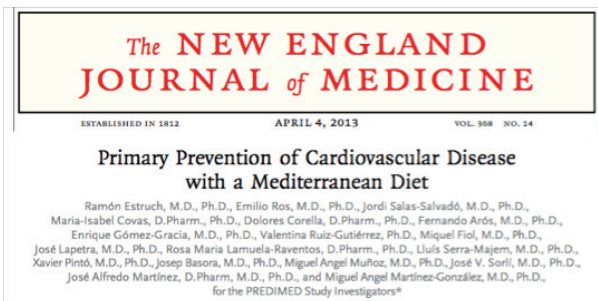
DASH DIET

Research scientists developed the Dietary Approaches to Stop Hypertension (DASH) eating plan as an effective dietary pattern for reducing blood pressure by including whole foods such as fruits, vegetables, nuts, seeds, and grains.³

A 1 1/2 ounce serving size of peanuts is included in the DASH eating plan four to five times per week.

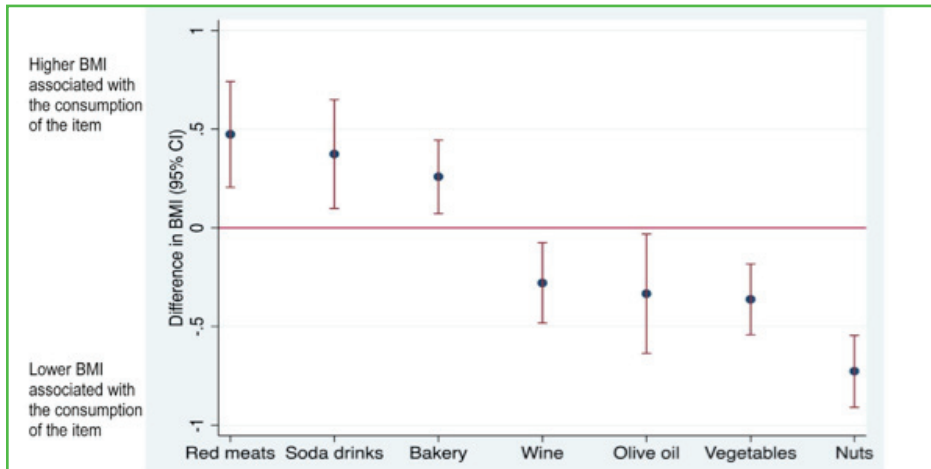
Peanuts are significant to this diet plan because they contribute rich sources of magnesium, potassium, fiber and plant protein – all of which may play a role in improving blood pressure.⁴⁻⁶

Peanuts also contain more Arginine than any other food, which can open up blood vessels and improve blood flow.^{4,7,8}



- **PREDIMED study** compared a low-fat diet to a higher fat Mediterranean diet supplemented with mixed nuts or olive oil.
- **30% decrease in** cardiovascular events and mortality with nut-enriched diet.
- **Significant reductions** in blood pressure were seen.
- **Peanuts were included in the list of recommended foods on the high-fat diet.**

Nut Consumption Associated with Low BMI



- A dietary assessment of the Mediterranean diet used in the PREDIMED study showed an inverse relation between a Mediterranean-style diet and obesity.¹⁰
- **Peanut and Nut consumption was associated with the lowest BMIs among participants.**

Martinez-Gonzalez, 2012

Mediterranean Diet Pyramid

This pyramid was based on the dietary traditions of Crete, Greece and southern Italy circa 1960 at a time when the rates of chronic disease among populations there were among the lowest in the world, and adult life expectancy was among the highest even though medical services were limited.¹¹

Did you know nuts have been part of the Mediterranean diet since pre-historic times and are likely the earliest foods consumed by humans?

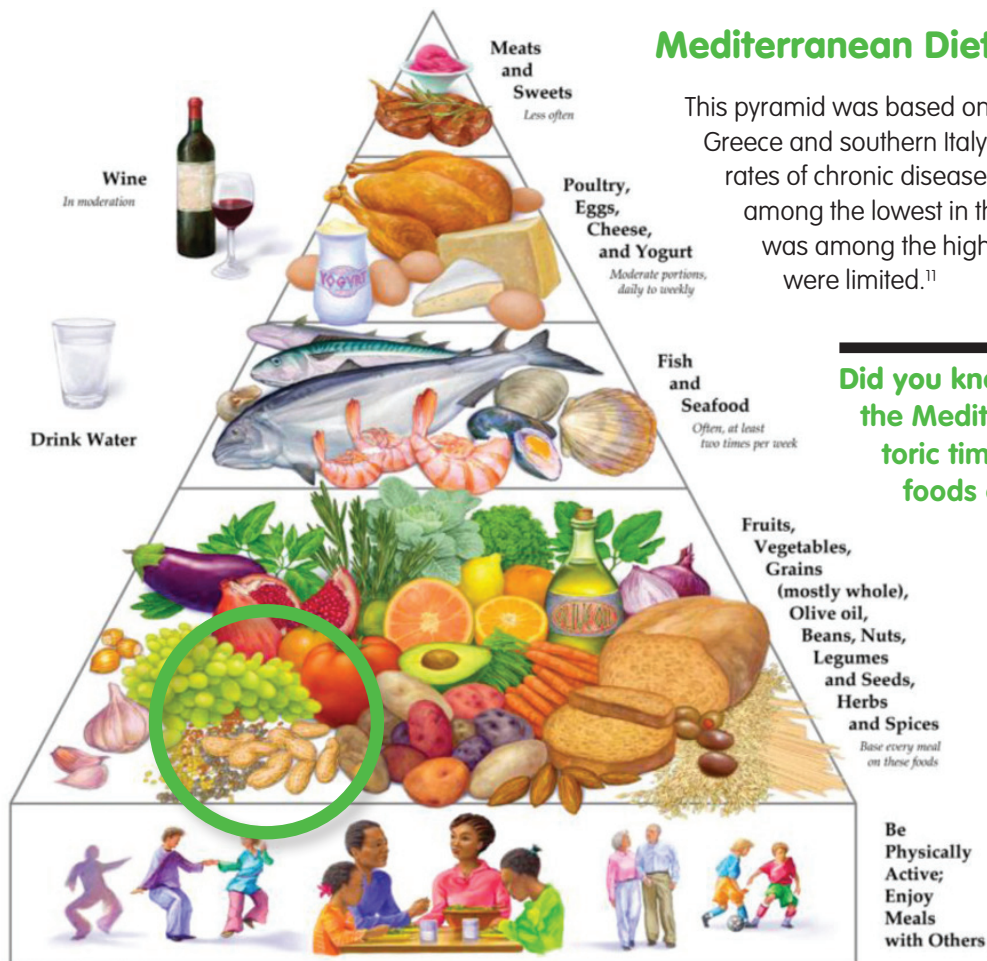


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Aside from the Mediterranean, traditional diets across several cultures were grounded in plant-based eating, including peanuts and nuts. These traditional diets, which span back to ancient civilizations, were high in good unsaturated fats, plant proteins, and nutrient density.



ASIAN

Like the Mediterranean Diet Pyramid, this pyramid was developed as a model for healthy eating because of the historical low incidence of chronic diseases in a specific region—in this case, in Asian countries.¹²



In China, peanuts symbolize health, longevity, and exponential growth in wealth and luck. Peanuts are incorporated into many traditional dishes served as part of the New Year celebration, including small, coin-shaped peanut cookies.¹³

2014
is the year
of the peanut!



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LATIN

The peanut plant probably originated in South America. Records show that people in Brazil and Peru made pottery shaped like peanuts and jars decorated with peanuts as far back as 3,500 years.

When European explorers first arrived in Peru, they discovered graves of ancient Incas filled with jars of peanuts to sustain the spirits in the afterlife.¹⁴

Latin American Diet Pyramid

This pyramid is an educational guide, which promotes a diet of richly flavorful, affordable, and easy-to-prepare foods, and reflects the great range of culinary traditions, foods, and flavors of this vast area.¹⁵

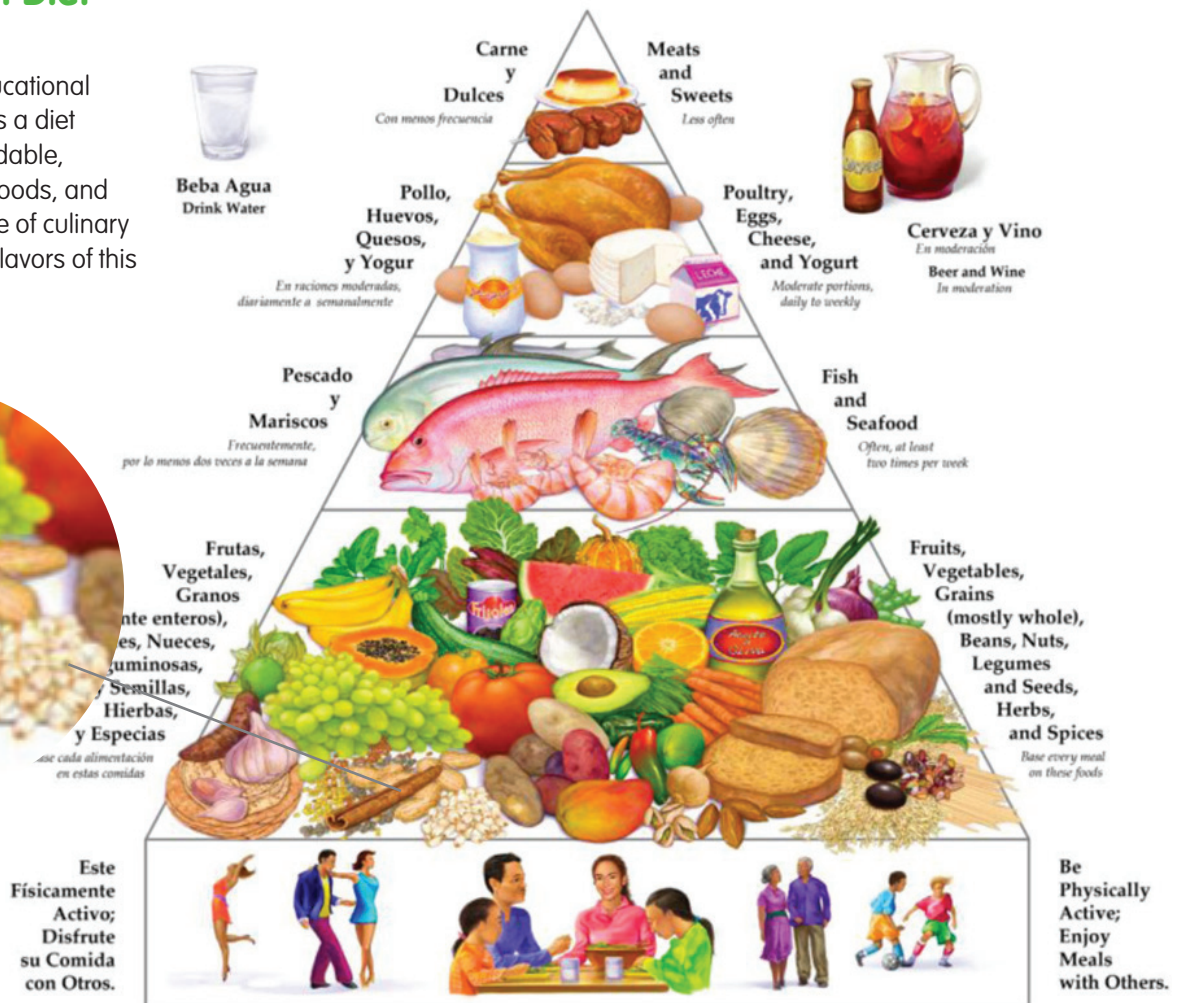


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AFRICAN

“Groundnuts” or peanuts were introduced to West Africa by the Portuguese in the 16th century. Africans believed that peanuts were one of few plants that possessed a soul. Peanuts and peanut butter or paste are popular in sauces, soups and stews. Peanut flour is also a common ingredient in traditional African cuisine, most commonly used as a spicy coating for kebabs.¹⁴

African Heritage Diet Pyramid

The African Heritage Diet is a way of eating based on the healthy traditional diets of people with African roots, including the American South, the Caribbean, South America or Africa. This pyramid serves as a guide to connect healthy eating and enjoyment in a way that is powerfully flavorful, simple, and affordable.¹⁶



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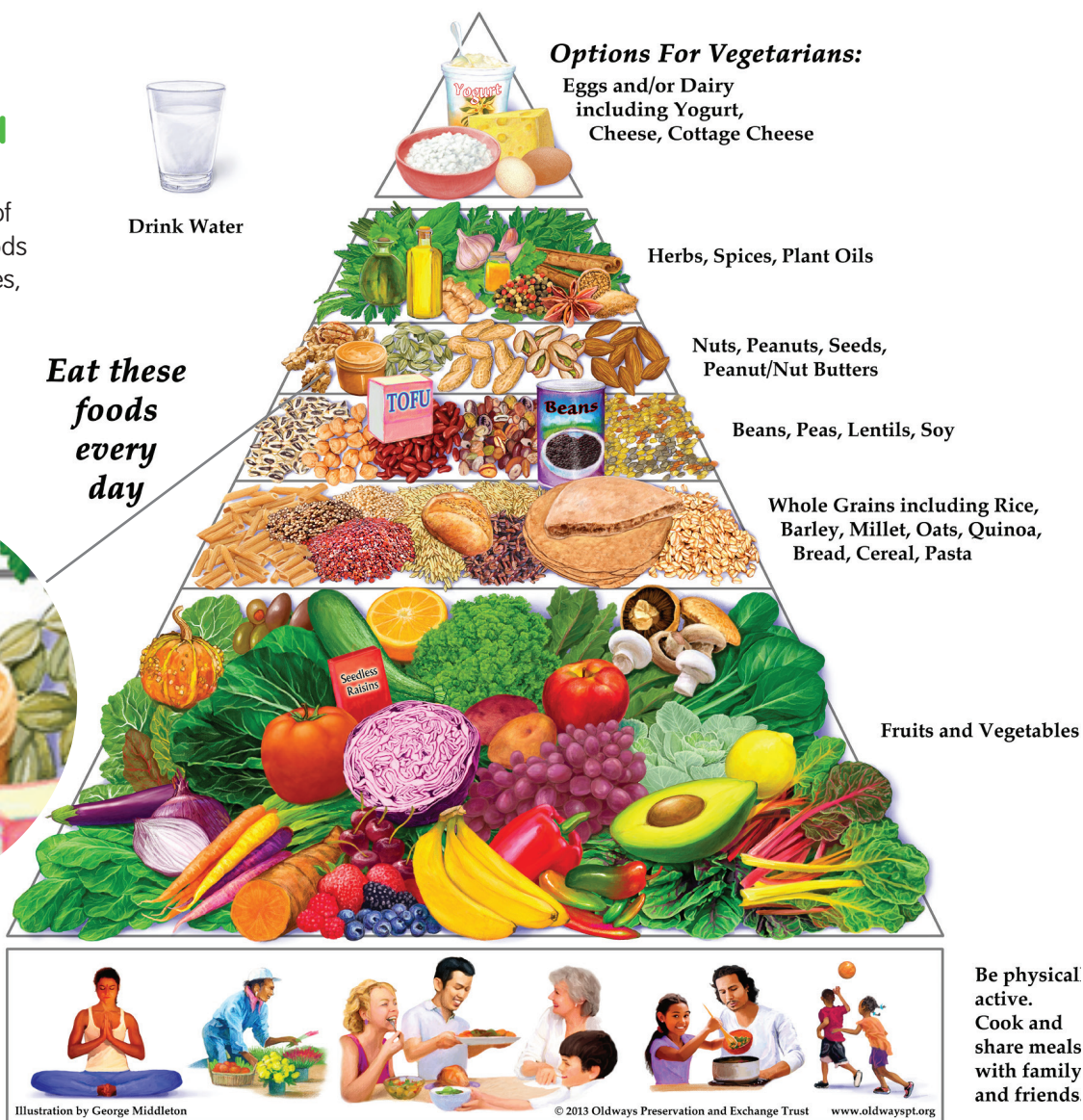
VEGETARIAN

According to the Vegetarian Society, in the mid 1800s the backdrop of health reform and the rise of philanthropic movements set the scene for the vegetarian movement.

Peanuts are a healthy, high-protein, nutritious choice for replacing meat in the diet. A major study concludes that red meat is associated with a thirteen percent increased risk of death and **substitution of other healthy protein sources for red meat lowers mortality risk, with nuts being the top choice at 19%.**¹⁷

Vegetarian and Vegan Diet Pyramid

This pyramid shows a way of eating that allows enjoyment of an abundance of delicious foods while consuming fewer calories, leading to better health and wellbeing.¹⁸



Be physical active.
Cook and share meals with family and friends



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