**FREQUENT PEANUT AND PEANUT BUTTER CONSUMPTION LOWERS TYPE 2 DIABETES RISK**

- A major study conducted by the Harvard School of Public Health showed that the risk of type 2 diabetes decreases the more frequently peanuts and peanut butter are consumed.\(^2\)
- A handful (1-ounce serving) of peanuts and a tablespoon (1/2 serving) of peanut butter a day can reduce the risk of diabetes by about 25%.

---

**DID YOU KNOW?**

Substituting a serving of nuts including peanuts for a serving of red meat daily **decreased type 2 diabetes risk by 21%**.\(^2\)

---

**THE MORE FREQUENTLY YOU EAT PEANUTS, THE LOWER YOUR RISK**

- Decreased risk of diabetes is seen in normal weight, overweight, and obese individuals.

---

Jiang, et al. *JAMA*, 2002
**PEANUT OIL HAS ANTI-DIABETIC PROPERTIES**

- Peanut oil given to diabetic mice has anti-diabetic & anti-inflammatory properties.\(^{23}\)
- High-oleic Peanut oil increased insulin production, improved blood glucose, and reversed negative effects of inflammatory proteins in obese, non-insulin dependent mice.

![Graph showing blood glucose levels](image)


**PEANUTS AND PEANUT BUTTER PROMOTE BLOOD SUGAR CONTROL**

Peanuts and peanut butter contain healthy oils and protein that help maintain blood sugar control.

- Adding peanuts or peanut butter to a meal with highly refined carbohydrates can decrease blood sugar spikes and help keep blood sugar levels more even throughout the day.\(^{24}\)
- Snacking on peanuts in place of high carbohydrate foods improves blood sugar control and lowered cholesterol in type 2 diabetic men and women.\(^{25}\)
- Including peanuts and peanut butter as a part of a healthy diet may be as effective as prescribed medications in reducing long-term blood glucose, also known as Hemoglobin A1C.\(^{26}\)

![Graph showing change in % HbA1c](image)

Jenkins, 2011; *Diabetes Care*

- Peanuts and Nuts improve glycemic control in type 2 diabetics.\(^{25}\)
- Peanuts and Nuts, as part of a dietary portfolio of cholesterol-lowering foods, can be as effective as first generation statin drugs in reducing LDL-cholesterol.
PEANUTS STIMULATE INSULIN RELEASE

Vinegar and peanut products, (both peanuts and peanut butter) may lower blood sugar after eating a carbohydrate rich meal.24

Two test meals were used: bagel with butter and juice, and chicken teriyaki and rice. Sweetened vinegar drinks were consumed prior to meals for the vinegar treatment. Peanut butter replaced the butter on the bagel, and peanuts replaced the butter in the chicken dish for the peanut treatment.

- Both vinegar and peanut consumption significantly reduced the 60-minute glucose response to the bagel meal (A) by 54% and 56% respectively.
- Vinegar and peanut consumption reduced the 60-minute glucose response to the chicken meal (B) by over 50%.
- Peanuts contain very high levels of arginine, which causes the body to release more insulin and keep blood sugar more stable after eating carbohydrates.

DID YOU KNOW?

Including peanuts and peanut butter as a part of a healthy diet may be as effective as prescribed medications in reducing long-term blood glucose, also known as Hemoglobin A1C.26
PEANUTS ARE A LOW GLYCEMIC FOOD

Peanuts are a low GI food that can stabilize blood sugar and reduce cravings in healthy individuals and diabetics.

Peanuts and peanut butter are a low glycemic index food due to their high amounts of healthy oils and protein that help sugar to be released into the blood stream more slowly, keeping energy levels high and appetite in check.27

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.27

<table>
<thead>
<tr>
<th>FOOD</th>
<th>GI</th>
<th>SERVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts</td>
<td>14</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Green Peas (frozen, raw)</td>
<td>48</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Banana</td>
<td>52</td>
<td>1 small</td>
</tr>
<tr>
<td>Long grain rice (parboiled 20 min)</td>
<td>75</td>
<td>1 cup prepared</td>
</tr>
<tr>
<td>Baked Russet Potato</td>
<td>85</td>
<td>1 medium</td>
</tr>
</tbody>
</table>

PEANUTS AND PEANUT BUTTER PREVENT SUGAR CRASHES

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.27

This crash in blood sugar can make a person feel tired and hungry for more food, and the rollercoaster cycle of highs and lows can contribute to the development of pre-diabetes and diabetes.28

Peanuts help keep blood sugar more even and prevent crashing, keeping energy levels and appetite in check.24,28