

KEY POINTS FROM STUDY

Association of Nut Consumption with Total and Cause-Specific Mortality

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The study is the largest and strongest study to date looking at death from all causes and nut consumption.

Researchers tracked almost 119,000 men and women from the Nurses' Health Study and the Health Professionals Follow-up Study for a 30-year period, and used multivariate analysis.

Men and women who ate a handful of peanuts daily reduced their risk of death from multiple causes by up to 20%.

Results were still seen even when peanuts were eaten less than once a week, once a week, and two to four times a week with 7%, 11%, and 13% risk reductions respectively.

In looking at specific causes of death, eating peanuts daily reduced the risk of dying from heart disease by 29% and cancer by 11%, compared to those who never ate peanuts or nuts.

When researchers separated out peanuts and compared them to mixed tree nuts, they found the results were about the same.

Eating only peanuts at least twice a week reduced the risk of death from heart disease, cancer, diabetes, neurodegenerative diseases, stroke, infection, kidney disease, and respiratory diseases.

During the years observed in the study for all nuts combined, USDA data shows peanuts represented 56% of the total nut intake, making peanuts a strong driver for the results.

Current USDA data shows peanuts are the most popular nut in the U.S. and represent half of all nuts consumed.

Frequent peanut consumption does not cause weight gain.

Frequent peanut eaters had lower BMIs and were less likely to gain weight.

Peanuts have more protein than any other nut.

They are a good source of fiber, vitamin E, folate, phosphorus, thiamin, copper, and magnesium, and an excellent source of niacin and manganese.

They are an extremely high source of phytochemicals.

Researchers explain the nutrients in peanuts and nuts may confer cardioprotective, anticarcinogenic, anti-inflammatory, and antioxidant properties.