



**For Immediate Release**

April 20, 1998

**Contact:**

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**Media Alert**

**WHO: Researchers at the Experimental Biology '98 Conference**

**Penny Kris-Etherton, Ph.D., R.D., Penn State University**  
Peanuts and Peanut Butter Equal Olive Oil in Heart Healthfulness

**Richard Mattes, Ph.D., M.P.H., R.D., Purdue University**  
Effects of Peanuts on Hunger and Food Intake

**Frank Sacks, M.D. and Kathy McManus, M.S., R.D., Harvard University/Brigham and Women's Hospital**  
Weight Reduction: A Comparison of a High Unsaturated Fat Diet with Nuts versus a Low Fat Diet

**Tim Sanders, Ph.D., U.S. Department of Agriculture, Agricultural Research Service**  
Peanuts and Phytochemicals

**Rebecca Morgan, Penn State University**  
Diets including peanut, peanut butter and peanut oil protect LDL cholesterol from oxidation

**WHAT: Press Breakfast**

**WHEN: Monday, April 20, 1998**

**WHERE: San Francisco Marriott, Sierra 5-K**  
**7:15 am - 8:30 am**

The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles. Learn more about peanuts and health at [www.peanut-institute.org](http://www.peanut-institute.org)

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