



## New Harvard study shows peanuts and peanut butter reduce Type 2 diabetes risk

A major new Harvard School of Public Health study published in the *American Journal of Epidemiology* shows that consuming plant protein, including peanuts and peanut butter, can reduce the risk of Type 2 diabetes.

It is the first long-term study to investigate the impact of animal versus plant protein intake on Type 2 diabetes risk. Results from 20 years of data in over 200,000 people showed:

- **Participants who ate the highest levels of plant protein reduced their diabetes risk by 9%**
- **Alternatively, participants with the highest animal protein diets increased their risk of Type 2 diabetes by 13%**

Peanuts, peanut butter and whole grains were the top 3 plant protein sources consumed by study participants and showed the same diabetes-reducing effects as all plant protein:

- **Peanuts and peanut butter substituted in for animal protein, refined grains or potatoes resulted in 7-21% reduced diabetes risk.**
- **Substituting in peanut protein for processed meat resulted in the highest diabetes risk reduction.**

Like more information on the study? [Email](#) us.

## Foods 4 Better Health article emphasizes two key peanut health studies

### In This Issue

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### Peanut Veggie Burger

Swap out the red meat for this flavorful take on the veggie burger and reduce your diabetes risk by 11%!



#### Ingredients:

- 3/4 cup farro or brown rice
- 1 lb sweet potatoes
- 4 tbsp olive oil
- 3/4 cup chopped peanuts
- 1 lb chopped mushroom caps
- 3 chopped shallots
- 1 tsp ground black pepper
- 3/4 tsp salt
- 1/2 cup grated Parmesan cheese
- 1/2 cup peanut flour (or all-purpose flour)
- 1/2 cup breadcrumbs
- 10 whole grain hamburger buns

#### Directions:

1. Preheat oven to 350F and line a large baking sheet with parchment paper.

# Peanut Butter May Help Reduce Obesity And Type 2 Diabetes, Studies Suggest

## Diabetes-Friendly Recipes

Access to 1,000+ Diabetes-Friendly Recipes, and Get Treatment Info.



Dylan Gonzalez, BA | Thursday, June 16, 2016 | Food News



Peanut butter is a tasty choice for lunches and snacks—but can it actually help fight obesity and diabetes?

Multiple studies are now suggesting that eating peanut butter may be effective for preventing obesity, losing weight, and even lowering the risk of type 2 diabetes.

The results may sound surprising, as peanut butter contains 190 calories and 16 grams of fat per serving. Often, people trying to lose weight have been advised against eating peanut butter, due to its dense calorie and high fat content.

A recent *Foods 4 Better Health* [article](#) is a great reflection of our ongoing media outreach efforts around two major new studies that show the impact peanuts and peanut butter can have on reducing diabetes and obesity.

## CIA attendees' recent articles highlight versatility of cooking with peanut protein

The Peanut Institute hosted its annual Science and Culinary Media Retreat in Napa Valley, California from May 14-16, 2016. Here is some of the recent national media coverage from attendees showcasing how easy (and delicious!) it can be to incorporate more plant protein into your diet with peanuts, peanut butter, peanut powder and flour.

# fitness

## This Peanut Butter Cookie Is About to Be Your New Post-Workout Snack

These cookies deliver 9 grams of protein each, plus 4 grams of fiber and only 7 grams of sugar. Bonus: They're vegan, gluten-free, and freezer friendly (if you have any left over!)



By Elizabeth Shaw MS, RDN, CLT

39

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Packaged protein cookies are popular but they're not all they're cracked up to be, nutritionally speaking. Just one cookie has a whopping 400 calories, with more than 450 milligrams of sodium and 24 grams of sugar. That's 96 calories' worth of added sugar. The recommended daily intake of added sugar is set to exceed no more than 10 percent of daily caloric needs. Someone on a 1,500-calorie diet would already be getting more than 60 percent of their daily added sugar allotment in just one cookie.

" Oftentimes fitness-minded folks get caught up in the health halo effect. Beware of the attractive display of fancy snacks at the gym juice bar," says Lindsey Pine, M.S., R.D.N., C.L.T., of *Tasty Balance Nutrition*. "Most often the products are overpriced, completely unnecessary and will possibly add to your waistline instead of tightening it! Pat yourself on the back for kicking butt at the gym and walk right past the tempting treats displayed to get your attention. Come prepared with your own healthy post-workout [snack](#) to give you the fuel you need."

Wellness blogger, Elizabeth Shaw, RDN, published her 4-ingredient, protein-packed peanut butter cookie recipe that features peanut powder in *Fitness*. View the article [here](#).

2. Cook farro or brown rice according to package.

3. Boil the sweet potatoes. Drain and set aside. Once the potatoes are cool, peel them and place in a large bowl.

4. Heat 2 Tbsp of olive oil in a pan and saute the peanuts for one minute. Add the mushrooms and cook until the water has released and the pan is dry again. Add mushroom and peanut mixture to bowl with sweet potatoes.

5. Heat remaining 2 Tbsp of olive oil in the pan and cook shallots, pepper and salt for 2 minutes. Add to bowl with sweet potatoes and mushrooms.

6. Add Parmesan and farro or brown rice to bowl and mix with potato masher.

7. Mix breadcrumbs and flour. Form 10 patties from the mixture. Press each patty into breadcrumb mixture and place on baking sheet.

8. Bake for 20 minutes then flip and bake for 15 more minutes until golden brown.

9. Serve on whole grain buns with your favorite toppings.

# SHAPE

## 9 Brilliantly Healthy Ways to Cook with Peanut Flour

Made from ground peanuts with some of the fat removed, peanut flour is gluten-free and high in protein and fiber. Use it in sauces, baked goods, and more.



By Marnie Soman Schwartz | Jun 28, 2016

Topics: protein, food trends, gluten-free recipes, peanut butter

265 SHARES      

### Peanut Flour Pancakes



Light and satisfying flapjacks that are gluten-free and packed with protein? Sign us up. Coconut flour and peanut flour come together in these pancakes, giving them amazing texture and flavor. Next up: [Pancake Recipes for a Better-Than-Ever Breakfast](#)

PHOTO: KIM'S CRAVINGS

From peanut pork chops to peanut flour pancakes, *Shape's* Nutrition Writer, Marnie Soman Schwartz shares her favorite recipes that highlight peanut flour and peanut powder. CIA attendees were very interested in learning more about both products. Read [more](#).

## The Atlanta Journal-Constitution

## The Miami Herald



*7-Day Menu Planner*

*Peach Berry Crisp With Oatmeal-Peanut Topping makes a tasty ending to the Sunday meal. Photo: The Peanut Institute*

Susan Nicholson, author of the nationally syndicated *7-Day Menu Planner* column, featured The Peanut Institute's Peach Berry Crisp with Peanut-Oatmeal Topping recipe in her June 17th column. Just in time for your summer cookouts, this healthy dessert is made with peanut flour and peanuts and has 5 grams of protein per serving! Get the recipe [here](#).