

Peanut BITES



Small Serving of Peanuts Reduces Risk of Major Diseases and Death

There is no shortage of studies that demonstrate the many health benefits of peanuts. Now, new research from Imperial College London School of Public Health shows that even half a serving of peanuts a day- as little as 15-20 grams- has a major impact on disease and death risk. In this study, regular peanut consumption reduced the risk of heart disease, stroke, kidney disease, and death from any cause. Improving your health has never been so easy- or tasty!

Read the full press release below, and visit peanut-institute.org and peanutpower.org for more information.

**Imperial College
London**



NEW STUDY SHOWS SMALL SERVING OF PEANUTS REDUCES CHRONIC DISEASE AND DEATH RISK

Just 15-20 grams of nuts per day provides major health benefits

Alexandria, VA December 7th, 2016- If you're looking for one simple way to gain major health benefits, peanuts may be the answer. New research¹ from Imperial College London School of Public Health shows that consuming a

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Sweet and Spicy Peanuts

The smoky, sweet and slightly spicy flavors in these nuts make them a perfect afternoon pick-me-up snack. They'll keep in a cool, dry pantry for 1-2 weeks-or make an extra batch to freeze and serve at your next party.



- 1 pound unsalted, dry roasted peanuts
- 1/3 cup honey
- 1/3 cup sugar
- 1 tablespoon cumin
- 1 teaspoon salt
- 3/4
- 1 teaspoon chili powder
- 1/2 teaspoon ground chipotle pepper

Preheat the oven to 325°F. Coat a rimmed baking sheet with cooking spray.

Combine the peanuts and honey in a bowl. Combine the sugar, cumin, salt, chili powder, and ground chipotle pepper in a separate bowl. Add the sugar mixture to the peanuts and toss well to coat. Spread onto the prepared baking sheet in a single layer.

Bake, stirring every 5 minutes, until the coating is thickened and

little less than a serving (20 grams) a day of peanuts is an effective way to reduce heart disease and risk of death from other causes.

Published in the journal BMC Medicine, this study demonstrates that daily peanut and nut consumption reduces the risk of several major diseases and causes of death. Coronary heart disease, cardiovascular disease, total cancer, and all-cause mortality were reduced with high nut consumption. In addition, high peanut butter intake was effective in reducing mortality risk.

Twenty population studies were included in this meta-analysis, totaling over 820,000 study participants. Because this analysis included such a large number of participants, researchers were able to examine the impact of nut consumption on less common causes of death, such as respiratory disease, diabetes, and kidney disease.

Researchers found that a high intake of peanuts and other nuts reduced the risk of respiratory disease mortality by 24%, and diabetes mortality risk by 32%. While the results were similar for peanuts and other nuts, only peanuts were effective in reducing the risk of stroke and kidney disease.

These findings have major public health impact. Researchers estimate that in 2013, up to 4.4 million premature deaths in North and South America, Europe, Southeast Asia, and the Western Pacific may have been attributable to peanut and other nut consumption below 20 grams per day. "These findings support dietary recommendations to increase nut consumption to reduce chronic disease risk and mortality," according to study authors.

With high amounts of bioactives, healthy fats, and more protein than any other nut, this study provides yet another reason to make peanuts a staple in your diet. A small handful of just 20 grams per day, or a little less than a serving, is all that is needed to reap major health benefits.

The Peanut Institute is a non-profit organization that supports nutrition research and educational programs that promote healthier diet patterns and lifestyles. For more information go to www.peanut-institute.org and www.peanutpower.org.

1. Aune D, Keum N, Giovannucci EL, et al. Nut consumption and risk of cardiovascular disease, total cancer, all-cause and cause-specific mortality: a systematic review and dose-response meta-analysis of prospective studies. BMC Med 2016; 14(207).

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tacky. Remove from the oven and cool completely, stirring often to break up any large clumps.

Serves: 16

Nutrition per serving:

Calories: 206, Protein: 7g,
Carbohydrates: 16g, Fiber: 2g,
Fat: 14g, Saturated Fat: 2g,
Cholesterol: 0mg, Sodium: 257mg

