



 **The Peanut Institute**
www.peanut-institute.org

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Happy Valentine's Day!

Love Your Heart, Eat Peanuts

February is National Heart Month! Did you know that peanuts are among the list of foods certified by the American Heart Association®'s Heart-Check program?

[Click here](#) to view the approved, FULL fact sheet.



Love Your Heart

Eat peanuts!



Several studies have shown that consuming peanuts, peanut butter, or mixed nuts 5 times per week can reduce the risk of heart disease, and even the risk of death.¹⁻³ Improving heart health has never been so easy- or tasty!

Peanuts are a Good Source of Plant Protein

- With over 7 grams of protein per ounce, peanuts have more protein than any other nut.⁴
- Research from Harvard School of Public Health shows that substituting a serving of red or processed meat with a serving of peanut butter, once per day, can reduce type 2 diabetes risk by 7-21%.⁵
- Peanuts contain arginine, an amino acid used by the body to make nitric oxide. Nitric oxide is a vasodilator that supports blood vessel function.⁶



Peanuts Contain Heart-Healthy Fats and Fiber

- Peanuts are a Good Source ($\geq 10\%$ DV) of fiber.
- Peanuts contain healthy monounsaturated and polyunsaturated fats.
- Research shows that diets high in monounsaturated fats, one of the fats in peanuts, peanut oil, and peanut butter, can help lower "bad" LDL cholesterol and triglycerides compared to the average American diet.⁷

Peanuts Contain Essential Nutrients

- With 19 vitamins and minerals, peanuts contain an abundance of essential nutrients.^{8,10}
- Peanuts are an Excellent Source ($\geq 20\%$ DV) of manganese, and a Good Source ($\geq 10\%$ DV) of vitamin E, magnesium, niacin and copper.
- Peanuts contain numerous phytochemicals, such as resveratrol and phytosterols.¹¹

For more information, visit peanut-institute.org or peanutpower.org



Peanuts are among the list of foods certified by the American Heart Association's Heart-Check* program. The American Heart Association® recommends a heart healthy dietary pattern that includes a variety of nuts, fruits, vegetables, whole grains, and other healthy foods.



Peanuts have a Food & Drug Administration (FDA) Qualified Health Claim that states: "Scientific evidence suggests but does not prove that eating 1.5 ounces of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease."⁹

* Please note that the Heart-Check Food Certification does not apply to scientific research by other organizations unless expressly stated. For more information, see the American Heart Association® nutrition guidelines at: heartcheck.org/guidelines.

Peanuts Have Public Health Benefits

Research shows that peanuts increase longevity and reduce heart disease like other nuts. A landmark study conducted by scientists at Vanderbilt University shows that these health benefits from peanuts persist across multiple ethnic and socioeconomic groups.

A new Harvard article states that, "**Since peanuts generally cost less than premium tree nuts, people on lower incomes can reap the health benefits of nuts on a budget.**"

[Click here](#) to read the full article.



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Peanuts linked to same heart, longevity benefits as more pricey nuts



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Daniel Pendick, Former Executive Editor, *Harvard Men's Health Watch*

Nuts, a food you may have been avoiding because of their high fat content, have been gaining traction as an all-natural health food with health benefits. Tree nuts like almonds, pecans, and walnuts are especially prized for their rich cargo of vitamins, minerals, and mono- and polyunsaturated fats.



The downside is that tree nuts tend to be pricey. But a study [published online in JAMA Internal Medicine](#) puts the humble peanut squarely in the same nutritional league as its upscale cousins. This work makes the health benefits of peanuts more accessible to lower-income shoppers.

An international team of researchers found that in more than 200,000 people from Savannah to Shanghai, those who regularly ate peanuts and other nuts were substantially less likely to have died of any cause — particularly heart disease — over the study period than those who rarely ate nuts. This adds to the [existing evidence from two Harvard-led investigations](#) — the Nurses' Health Study and the Harvard Professionals Follow-up Study.

"This confirms what we found a few years ago — and our results were greeted with intense skepticism," says Dr. Meir Stampfer, professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health. "Botanically, peanuts are not nuts, but nutritionally they are very similar to tree nuts, and other studies have shown their benefits," Dr Stampfer explains.

[Click here](#) to read the full article.

Recipe: Overnight Apple Peanut Butter Oatmeal

1 cup	Steel cut oats
1/4 cup	Light brown sugar
1 tsp.	Vanilla extract

1/2 tsp. Cinnamon
1/4 tsp. Salt
1/4 cup Creamy peanut butter
2 Medium apples, peeled, cored and cut into 1/2" pieces



Coat the inside of a 5-6 quart slow cooking with cooking spray. Combine the oats, sugar, extract, cinnamon, salt and 3 1/4 cups water in the slow cooker. Add the peanut butter and whisk to incorporate. Stir in the apples, cover and cook on low heat 8 hours. Incorporate the somewhat crusty oatmeal stuck to the sides and bottom by stirring for 2-3 minutes. Serve warm.

More information, tips and delicious recipes, visit peanutpower.org or peanut-institute.org

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