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Type 2 diabetes affects more than 12 million Americans and that number is expected to increase (1). But encouraging research shows that small dietary and physical activity changes like eating peanuts can substantially decrease the risk of developing diabetes.

#### Research Up-Date:

Data from the Harvard Nurses' Health Study shows that peanuts and peanut butter may lower risk of type 2 diabetes. Eating an ounce of peanuts or other nuts five or more times a week is associated with a 27% reduced risk of developing type 2 diabetes. Eating one tablespoon of peanut butter (or a half-serving) five or more times a week is associated with a 21% reduced risk of developing type 2 diabetes (2).

Harvard research from the Nurses' Health Study and the Physicians' Health Study suggests that magnesium may be a mechanism responsible for reducing the

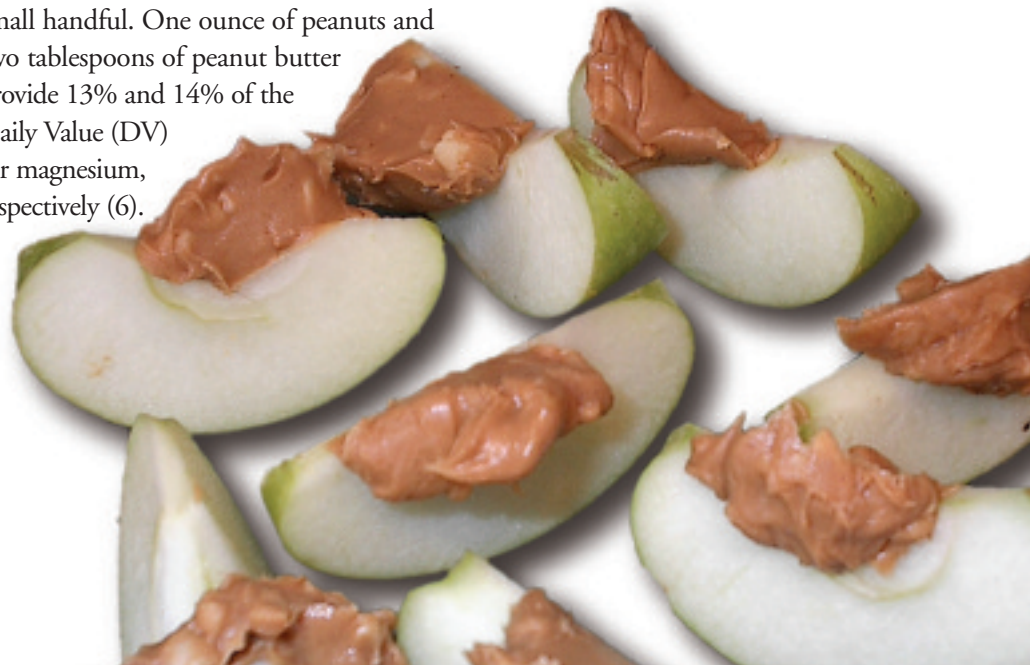


# Peanuts & Peanut Butter in Perspective: Type 2 Diabetes

risk of type 2 diabetes. The authors emphasize the importance of getting adequate levels of magnesium, which is about 400 milligrams per day, from whole grains, nuts, and green leafy vegetables (3,4).

Research from Purdue University showed that eating about three ounces of peanuts daily can significantly increase blood levels of magnesium (5). However, a more typical portion size is one ounce, or a small handful. One ounce of peanuts and two tablespoons of peanut butter provide 13% and 14% of the Daily Value (DV) for magnesium, respectively (6).

Glycemic index is a relative measure of how quickly blood sugar increases after eating a carbohydrate-rich food. Emerging research has shown that foods with low glycemic index values may keep blood sugar and insulin levels in optimal ranges. Peanuts and nuts have a very low glycemic index, especially compared to many other snack foods. The glycemic index of peanuts is 14 (7,9).



**Peanut Portion Pointers:** ■ One ounce of peanuts is a small handful, or about 40 pieces. Look for single-serving packets at the store to help with portion control. ■ Two tablespoons of peanut butter is about the size of a ping-pong ball. Keep one on your kitchen counter in your fruit bowl.

## Asian Lettuce Wraps

- 1 teaspoon peanut oil
- 1 teaspoon toasted sesame oil
- 3 boneless, skinless chicken breast halves, cut into 2-inch strips (12 ounces)
- 1 teaspoon minced garlic
- 1 teaspoon grated peeled ginger
- 1/2 cup chicken broth
- 1/4 cup smooth peanut butter
- 2 tablespoons mango chutney
- 18 large Bibb lettuce leaves, cleaned and dried
- 1 medium red bell pepper, seeded and cut into 2-inch thin matchsticks
- 1 cup snow peas, trimmed and cut into 2-inch thin matchsticks
- 4 green onions, trimmed and cut lengthwise into 2-inch thin matchsticks
- 2/3 cup honey-roasted Georgia peanuts, roughly chopped

Recipe Courtesy of the 2003 Plains Peanut Festival Recipe Contest

**Directions:** Heat oils in a wok or large skillet over medium-high heat. Stir-fry the chicken for 4 minutes. Add the garlic and ginger and saute 1 minute more or until chicken is cooked. Lower heat and add chicken broth, peanut butter and chutney; stir until smooth and heated through about 3 minutes. To assemble, lay the lettuce leaves on work surface; then place equal amounts of the bell pepper, snow peas and green onion matchsticks in the center. Next spoon the chicken mixture on top then sprinkle with peanuts. Roll each lettuce leaf up and serve 3 onto each of 6 plates.

**Per Serving:** 260 calories, 10g of carbohydrate, 3g of fiber, 17g of protein, 18g of fat (9g monounsaturated fat, 5g of polyunsaturated fat)



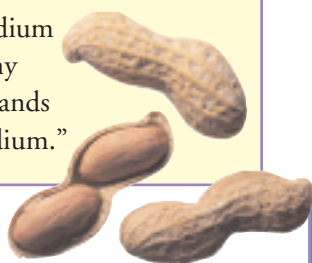
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## Quick Facts

### about Peanuts & Peanut Butter

- Commercial peanut butter brands usually contain only one more gram of sugar per serving than natural peanut butter brands.
- Unsalted or lightly salted peanuts, are considered “low sodium,” since they contain less than 140 milligrams of sodium per serving. Many peanut butter brands are also “low-sodium.”



### The Peanut Institute

is a non-profit organization that supports nutrition research and develops educational programs to encourage healthy lifestyles.

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## American Diabetes Association (ADA) Dietary Recommendations (8)

- 60 to 70% of total calories from carbohydrate and monounsaturated fatty acids
- about 10% of total calories from polyunsaturated fat
- less than 7% of total calories from saturated fat
- 15 to 20% of total calories from protein

## Glycemic Index Values for Common Snack Foods (7,9)

Food	Glycemic Index	Glycemic Load
Crushed peanuts (similar to peanut butter)	7	0
Peanuts	14	0.7
Low-fat yogurt, sweetened	33	10
Crackers	67	12
Graham crackers	74	14
Rice cakes	82	17
Pretzels	83	16



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