



High Monounsaturated Fat Diets Vs. Low-Fat Diets

Health professionals around the world have warned against dietary fat for over two decades. But recently new research is causing nutrition scientists to take another look at both the type of fat and the amount of fat in the diet. A higher monounsaturated or "good" fat diet helps your heart because it:

- Lowers total cholesterol;
- Lowers bad LDL cholesterol;
- Maintains beneficial HDL cholesterol; and
- Lowers triglycerides, or the amount of fat circulating in the blood.

A low-fat, high carbohydrate diet can also decrease total and LDL cholesterol, but a low-fat diet has the negative effect of raising triglycerides and lowering the good HDL cholesterol.

Type of Fat: Saturated Fat Vs. Unsaturated Fat




Not all fat is created equal. This is the subject of the latest Science Advisory from the American Heart Association. For years, health professionals thought that all fat was bad. We now know that the culprit in promoting heart disease is the saturated fat that clogs arteries and elevates cholesterol.

New research on the type of fat in the diet has shown that unsaturated fat, mono- and poly-, can actually be beneficial for health. The evidence is so convincing that the American Heart Association now says that a high-monounsaturated fat diet can be an alternative to the presently recommended 30% fat diet to reduce the risk of heart disease (1).

A higher monounsaturated fat diet can help the heart, so long as saturated fat intake (mainly from animal products) is low and overall energy needs are balanced. Consumers should substitute foods high in monounsaturated fat like peanuts, peanut butter, and olive oil for saturated fats in the diet from meat and full-fat milk and cheese.

INSIDE...



	PAGE
 High-Fat vs. Low-Fat	2
 Nutrient Comparison Charts	3
 Menu Planning	4

Amount of Fat: High-Fat vs. Low-Fat Diets

The goal of currently recommended low-fat diets is to lower saturated fat and replace it with carbohydrate (1). While this approach reduces total and bad LDL cholesterol, it also has the negative effect of raising triglycerides and lowering good HDL cholesterol, which is used by the body to carry the bad LDL cholesterol away.

A new study in the *American Journal of Clinical Nutrition* (AJCN) shows that replacing the saturated fat calories with good monounsaturated fat (MUFA) instead of carbohydrate lowers total and LDL cholesterol as effectively as a low-fat diet and has the additional benefits of lowering triglycerides and maintaining high HDL levels in the blood (2).

The study looked at the effects of five different diets on heart health. It compared the Average American diet, which is high in saturated fat, to four other diets. One of the comparison diets was low in total fat (American Heart Association/National Cholesterol Education Program 25% fat diet). The other three were approximately 35% total fat, with 18% from foods high in monounsaturated fat, such as peanuts, peanut butter, peanut oil, or olive oil.

The higher monounsaturated fat diets and the low-fat diet all lowered total cholesterol by about 11% and LDL cholesterol by 14% within a month. However, the peanut diets and olive oil diet had the added benefit of reducing triglycerides by 13% (vs. an 11% increase with the low-fat diet) and maintaining good HDL cholesterol (vs. a 4% decrease with the low-fat diet).

The Penn State study found the diet that included peanuts and peanut butter lowered cardiovascular disease risk by 21%, whereas the low-fat diet decreased the risk by only 12%.

Dr. Penny Kris-Etherton, Distinguished Professor of Nutrition at The Pennsylvania State University and the study's principal investigator, said "What's really new and very exciting is that our study shows that people can now include some of their favorite foods, peanuts and peanut butter, in a high-mono, heart-healthy diet and achieve even better results than with a low-fat diet."

"From a public health perspective, it is now timely to reevaluate what the optimal diet is for lowering risk of cardiovascular disease risk."



"Currently, the evidence is sufficient to consider a high-MUFA, cholesterol-lowering diet that includes peanuts as an acceptable, and perhaps preferable, dietary approach for most favorably affecting cardiovascular disease risk status."

"The results of our study show that another food source rich in MUFAs, peanut products (peanuts, peanut butter and peanut oil), can be used in designing high-MUFA diets. Moreover, because peanuts and peanut products are also rich sources of other nutrients, their inclusion in the diet can favorably affect the nutrient profile of the diet."

-American Journal of Clinical Nutrition, December 1999

Peanut Butter Vs. Other Spreads

Spreads (1Tbsp/16 g)	Calories (kcal)	Sat Fat ¹ (g)	MUFA ² (g)	PUFA ³ (g)	Cholesterol (mg)	Carbs ⁴ (g)	Protein (g)	Vit E (mg-ATE)	Folate (mcg)	Fiber (g)
Peanut Butter	95	1.6	3.8	2.2	0.0	6.2	4.0	1.6	11.8	0.9
Butter	101	7.2	3.3	0.4	31.0	--	0.1	0.22	0.4	0.0
Margarine	101	1.8	5.4	3.3	0.0	0.12	--	6.3	--	0.0
Cream Cheese	50	3.2	1.4	0.2	15.9	0.39	1.1	0.14	1.9	0.0
Jam	56	--	--	0.0	0.0	13.8	--	0.0	6.6	0.2

Peanuts Vs. Other Snacks

Snacks (1oz/32 g)	Calories (kcal)	Sat Fat ¹ (g)	MUFA ² (g)	PUFA ³ (g)	Cholesterol (mg)	Carbs ⁴ (g)	Protein (g)	Vit E (mg-ATE)	Folate (mcg)	Fiber (g)
Peanuts	160	1.9	6.9	4.4	0	4.6	7.3	2.6	68.0	2.4
Potato Chips	152	3.1	2.8	3.4	0	15.0	2.0	1.4	12.8	1.3
Pretzels	108	0.2	0.4	0.3	0	22.4	2.6	0.06	48.5	0.9
Rice Cakes	70	0.1	0.2	0.2	0	14.7	1.4	0.13	3.8	0.7
Crackers	142	1.1	3.0	2.6	0	17.4	2.0	1.2	22.0	0.4

U.S. Department of Agriculture, Agricultural Research Service.
1998 USDA Nutrient database for Standard Reference, Release 12.

- 1 Saturated Fat
- 2 Monounsaturated Fat
- 3 Polyunsaturated Fat
- 4 Carbohydrate



Menu Planning with High MUFA Foods

This study is important because it shows that another food source rich in MUFAs, specifically peanuts, peanut butter and peanut oil, can be used in designing heart-healthy, higher MUFA diets. And with the higher MUFA diets, subjects saw heart-healthy results in just four weeks. During the course of this controlled study, subjects made small changes in their diets. They used peanut butter instead of butter on bagels, toast, and waffles, and snacked on peanuts instead of chips, crisps or pretzels. Here is a sample menu from the peanuts and peanut butter diet:

Breakfast

Orange Juice
Peanut Butter and Jam on a Bagel
Skim Milk

Lunch

Roast Beef Sandwich with Fat-free Mayonnaise
Reduced-fat Crackers
Banana
Dry Roasted Peanuts

Dinner

Spaghetti with Meatballs
Dinner Roll
Green Beans
Fresh Fruit Salad

Snack

Dry Roasted Peanuts
Raisins

Calories - 2000 Total fat - 35% Saturated fat - 7% Cholesterol - <70 mg



References

1. Kris-Etherton, PM for the AHA Nutrition Committee. AHA Science Advisory: Monounsaturated Fatty Acids and Risk of Cardiovascular Disease. *Circulation*, September 14, 1999.
2. Kris-Etherton, PM et al. High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations. *AJCN* 1999; 70:1009-15.
3. Sacks FM and McManus K. Weight Reduction: A Comparison of a High Unsaturated Fat Diet with Nuts Versus a Low-Fat Diet. Presentation, Experimental Biology, '98. April 20, 1998.
4. Hu, F.B.; Stampfer, M.J.; Manson, J.E.; Rimm, E.; Colditz, G.A.; Rosner, B.A.; Hennekens, C.H.; Willett, W.C. Frequent Nut Consumption and Risk of Coronary Heart Disease in Women: Prospective Cohort Study. *British Medical Journal*. 1998;317:1341-5.
5. Albert, C.M.; Willett, W.C.; Manson, J.E.; Hennekens, C.H. Nut Consumption and the Risk of Sudden and Total Cardiac Death in the Physicians' Health Study. Abstract, American Heart Association. November 9-11, 1998.
6. Fraser, G.; Sabate, J.; Beeson, L.W.; Strahan, M.T. A Possible Effect of Nut Consumption on Risk of Coronary Heart Disease, *Archives of Internal Medicine*. 1992; 152:1416-24

The Peanut Institute is a non-profit organization dedicated to establishing sound science as the basis for food, nutrition, and health discussions about peanuts and peanut products.

The Peanut Institute pursues its mission through research programs, educational initiatives, and the promotion of healthful lifestyles to consumers of all ages. As an independent forum, The Peanut Institute is uniquely positioned to work with all segments of the food industry, the research community, academia, consumer organizations and government.

For Further Information:

The Peanut Institute
Tel 1-888-8PEANUT
Fax 1-912-888-5150
www.peanut-institute.org



International distribution by the
American Peanut Council (APC)
U.S. Tel: 1-703-838-9500
Fax: 1-703-838-9508
and the APC international offices in
the U.K. and Canada
www.peanutsusa.com
© 2000