



Hi Oleic Peanuts and Your Heart



Going 'nuts' can be good for your heart!

Research has consistently shown that just eating a handful of peanuts a few times a week can dramatically reduce your risk of cardiovascular disease.

In 1992, the landmark **Seventh-day Adventist Study** investigated the diet of 31,208 Californians. Subjects who ate nuts frequently (more than four times a week) experienced up to 50% less definite fatal coronary heart disease events and non-fatal myocardial infarctions when compared with those who consumed nuts less than once per week.

Since then more research has supported this initial finding.

In 1998, the **Harvard Nurses' Health Study** tracked the eating habits of more than 86,000 women. After adjusting for age, smoking and other risk factors, women who ate more than 140g of nuts a week had a 35% lower risk of total coronary heart disease than women who never ate nuts or who ate less than 28g a month. Adjustment for intake of dietary fats, fibre, vegetables and fruits did not alter these results.

In 2002, the **Physicians' Health Study** reported on 21,454 men. Dietary nut intake was associated with a significantly reduced risk of sudden cardiac death after controlling for known cardiac risk factors and other dietary habits. Compared with men who rarely or never consumed nuts, those who consumed nuts two or more times per week had a 47% reduced risk of sudden cardiac death and 30% reduced risk of coronary heart disease death.

So why do nuts - and especially Hi Oleic peanuts - have this effect?

Clinical studies have shown that diets that contain peanuts lower total and low-density lipoprotein (LDL) cholesterol levels and triglyceride levels in the blood.

This is due to the fatty acid profile of peanuts (high in unsaturated fatty acids and low in saturated fatty acids). In Hi Oleic peanuts, this difference is magnified with an even greater ratio of the 'good' oleic acid present.

However peanuts also have many other heart healthy nutritional attributes which may act together to multiply their beneficial effects. They are truly 'Mother Nature's Vitamin Pill' containing 'little bits of lots of good stuff' for your heart:

- **Fibre** – Peanuts are an excellent source of fibre (25% by weight), good for both heart health and intestinal health.
- **Anti-oxidants** – Peanuts are a good dietary source of Vitamin E and other heart healthy anti-oxidants including selenium and folate. In fact, research has shown that peanuts rival many fruits for anti-oxidants (and are far richer than carrots or apples).

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More than 80 years of leadership in the Australian Peanut Industry

- **Phytosterols** - Beta-sitosterol, the most abundant sterol in peanuts, has been shown to offer protection against heart disease.
- **Phytochemicals** - Isoflavones and saponins in peanuts also have anti-oxidant properties.
- **Resveratrol** - This anti-oxidant polyphenol - also found in red wine - has been associated with reduced heart disease. Peanuts, and especially roasted peanuts, also contain high levels of the anti-oxidant polyphenol **p-courmaric acid**.
- **Arginine** - Peanuts are a good source of this amino acid (13% by weight) which has been shown to lower blood pressure and reduce the risks of strokes and heart attacks. Arginine lowers homocysteine levels in the blood and is the nitrogen donor for the synthesis of nitric oxide, a well-known vasodilator which helps keep arteries flexible.
- **Trace Minerals** - 'Hard to get' trace minerals such as copper, zinc and magnesium found in peanuts have also been linked to heart health. In fact a 2005 study found that eating just one serving of peanuts – or two spoonfuls of peanut butter a day – can help people meet the nutrient requirements often lacking in western diets.

Weight Control

Peanuts can also assist with weight control which aids heart health.

Research at the Brigham and Women's Hospital showed dieters on a high mono-unsaturated diet (including peanuts and peanut butter) enjoyed better success in keeping weight off than people on a low-fat diet. Other research demonstrated peanuts and peanut butter promote 'satiety' - the feeling of fullness - suppressing hunger.

Like all plant foods, peanuts are cholesterol-free. They are also low in sodium.

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For further www.pca.com.au

Email: peanuts@pca.com.au

Phone: (+61) 07 41626311

