



All About Peanuts

Peanuts – nature’s protein powerhouse

At 26-28% protein, Peanuts are nature’s powerhouses, providing 12% of the daily-recommended protein allowance per serve – more than eggs, dairy and many cuts of meat.

Peanuts – sustained release

Low response foods raise the blood glucose level slowly, providing a slow release of energy over a longer period of time. High response foods do the opposite – they raise the blood glucose level quickly but just as quickly the level drops, resulting in hunger and tiredness. Peanuts and other nuts have one of the lowest glycemic indexes of all foods. This is important for all people, and particularly for sportspeople and diabetics.

Peanuts – high energy, diet control

While combination of high protein, oil and carbohydrates in Peanuts mean the energy value is excellent, consumption also increases the feeling of ‘fullness’ (International Journal of Obesity Vol. 26, Issue 8, page 1129-37). In addition, peanuts contain mostly unsaturated or “good” fat and as such, are used in many medically endorsed weight loss and diabetic diets.

Peanuts - naturally cholesterol free.

Clinical trials in Australia clearly demonstrate a reduction in total and LDL-cholesterol when peanuts are added to a diet.

Peanuts – less salt than a scrambled egg

Unsalted peanuts qualify as a low sodium food and even salted peanuts contain less salt per serve (25g) than a scrambled egg or a bread and butter sandwich!

Peanuts – natural fibre naturally

Per serve, Peanuts contain more dietary fibre than a brown bread sandwich, and certainly more than any other snack food – this is important in reducing some types of cancer, cholesterol and in controlling blood sugar levels.

Peanuts and Type 2 Diabetes – a positive and real effect

A 16-year research program involving 83,000 women has found that peanuts significantly hinder development of Type 2 Diabetes in women. The study was managed by the Harvard School of Public Health in the USA with results announced in November 2002. Full details can be provided.

Peanuts and Heart Disease - a positive and real effect

Important findings in Australia and the USA and UK have found that frequent peanut consumption can reduce the risk of cardio-vascular disease by more than 50%. Why?

- The most abundant sterol in peanuts, Beta-sitosterol has been shown to inhibit cancer growth as well as protect against heart disease;
- Peanuts contain phytochemicals such as isoflavones and saponins which have strong anticancer and antioxidant properties;
- Peanuts contain low levels of resveratrol, the compound in red wine associated with reduced heart disease and anticancer properties.

Peanuts and Alzheimer Disease – a positive and real effect

A breakthrough Dutch study released in July 2002 and published in the Journal of the American Medical Association found that foods high in Vitamin E (ie. peanuts, vegetable oils etc) can help reduce the risk of Alzheimer Disease. More details are available.

Did you know?

Peanuts are not really a true nut, they belong to the legume family. They don’t grow on trees but on a small bush with the kernels forming under the ground.

** An average serve is 25 grams*

Web: www.pca.com.au
Email: peanuts@pca.com.au
Phone: (+61) 07 41626311