



Peanuts and Diabetes: Fact or Fallacy



Type 2 Diabetes

Research released late last year in the Journal of the American Medical Association found that eating nuts substantially lowers the likelihood of developing Type 2 diabetes.

The diabetes study, by Dr. Rui Jiang from the Harvard School of Public Health in Boston, has found that eating 30 grams a day, five times a week, cuts the risk of Type 2 diabetes by around a third, without leading to weight gain.

The study was conducted with a huge group of nurses – 83,818 – whose health has been tracked for 16 years. Rates of Type 2 diabetes have tripled in the last thirty years.

The GI Index

The GI of a food indicates how quickly the carbohydrate in the food will turn into sugar in your body. Choosing low Glycemic Index (GI) foods provide longer lasting energy. Peanuts are one of the lowest GI foods listed in the new “Glucose Revolution” book.

Low GI can improve blood glucose levels in people with diabetes as well as blood fats such as triglycerides. GI foods also assist with weight control. Including one low GI food such as peanuts in your diet once a day can help lower the total GI in your diet.

Top concerns for people over 50:

1. Heart disease
2. Cancer
3. Diabetes

Diet challenges

1. Energy balance
2. Eating an optimal diet for disease prevention
3. Finding foods with the most nutrients per calorie

Total Health Benefits

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

They are a healthy source of poly and monounsaturated fats, essential vitamins, minerals and fibre and are low in saturated fats. Consumption may reduce the risk of cardio vascular disease.

Beta-sitosterol, the most abundant sterol in peanuts, has been shown to inhibit cancer growth as well as protect against heart disease.

Peanuts contain low levels of resveratrol, the compound found in red wine that reduces the risk of heart disease and anti cancer properties. Peanuts contain important vitamins (B6, E) and folic acid.

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!

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's Disease.

** An average serve is 25 grams*

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