



# Peanuts and Weight: Fact and Fallacy



While a 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). A Purdue University Study showed that this "full" feeling associated with snacking on peanuts and peanut butter meant participants did not need to add additional kilojoules to their daily diet to combat hunger.

In addition, peanuts contain mostly unsaturated or "good" fat and as a result, they are used in many medically endorsed weight loss and diabetic diets.

\*\* New research from Harvard University shows that including peanuts in a healthy diet can help people lose weight. Peanuts, peanut butter and peanut oil make meals more palatable, more nutritious and more satisfying.

Researchers at Harvard School of Public Health and Brigham Women's Hospital in Boston have found that three times as many people were able to stick to a healthy moderate fat weight loss diet than those following the traditionally recommended low fat diet.

Furthermore, they were able to keep the weight off for over 18 months, had better nutritional intakes and were more satisfied because they could eat some of their favourite foods each day such as peanut butter, nuts and healthy oils, in a healthy Mediterranean-style eating pattern (see\* below). The landmark study was released in the *International Journal of Obesity*.

\* A "Mediterranean-style" diet includes an abundance of fruits, vegetables, nuts and legumes, and whole grains; some dairy products, fish and poultry; and very small amounts of meats. The main source of fat, which constitutes 35-40% of calories, is monounsaturated fat from olive oil and nuts and omega-3 fat from fish.

\*\*In addition, a landmark study published in the December 1999 issue of the *American Journal of Clinical Nutrition* found that diets high in monounsaturated fat from foods like peanuts, peanut butter, peanut oil and olive oil are superior to low-fat diets for heart health.

Peanuts have a low glycaemic index (GI) which means once consumed they release carbohydrate at a slow and steady rate into the bloodstream. This results in feeling full longer. One study has shown that even when kilojoule intake is the same, people consuming low GI foods may lose more weight than high GI foods – Heartwise Magazine.

## Recipes and more...

For more nutritional information and a great range of low fat, heart friendly delicious recipes using peanuts, go to [www.pca.com.au](http://www.pca.com.au).

PCA is Australia's leading supplier of peanuts to domestic and overseas customers, processing more than 40,000 tonnes of peanuts per year.

\* An average serve is 25 grams

Web: [www.pca.com.au](http://www.pca.com.au)  
Email: [peanuts@pca.com.au](mailto:peanuts@pca.com.au)  
Phone: (+61) 07 41626311



**More than 80 years of leadership in the Australian Peanut Industry**