



American Peanut Council

U.S. Wellness Products
March 2009





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- Today We'll Learn More About:
 1. Peanuts / Groundnuts, Peanut Butter
 2. Challenges / Pressures on Global Food Security
 3. Peanut Butter & Peanut Butter-Based Ready to Use Therapeutic / Supplemental Foods (RUT/SF's)
 - Response to Challenges - Critical to Food Aid Equation
 4. Peanut Butter - USAID Approved Building Block for International Food Aid



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- Tomorrow's Breakout Session We'll Learn More About:
 - Uses of US-Sourced Peanut Butter Products:
 - Healthy Food for School Children and the Family Food Basket
 - Malnutrition Rehabilitation & Supplementation
 - Complementary Food for Children 6-18 Aged Months
 - How Peanut Butter and Peanut-based RUTF's meet the need



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- Peanuts / Groundnuts / Peanut Butter:
 - Peanuts - Enjoyed around the world!
 - Peanut Butter – Used extensively in the home / schools
 - Large quantities used in - sandwiches, snacks, bakery products
 - Peanuts and Peanut Butter
 - Common ingredients in numerous cuisines around the world
 - Importantly - Gaining recognition as key ingredient in Global Food Aid / Food Security



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- Peanuts / Groundnuts, Peanut Butter - Overall:
 - Energy-dense
 - Protein-rich
 - Complex carbohydrates – Slow burning fuel to the body
 - Vitamin and mineral rich
 - Positive heart health (Contains Resveratrol, no cholesterol, good fats)
 - Lactose free
 - With U.S. products – Aflatoxin Not An Issue



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- Peanut Butter – Specific Features:
 - Ready-to-eat
 - Used alone or with other foods such as flat breads, grains, other foods
 - Stored without refrigeration for up to a year
 - High caloric dense food (~ 50% fat)
 - Appropriate food for:
 - Children & adults in need of both dietary fat & calories
 - Fat in peanut butter:
 - Predominately heart healthy monounsaturated fat



Addressing Today's Challenging / Targeted Food Aid / Food Security Needs

- **Challenges / Pressures on Global Food Security:**
 - Global food security is addressing more identified issues
 - Stretching available funds - Potential of less available funds
 - Food security needs are to:
 1. Become more efficient & cost effective in operations
 2. Make food aid more directed, efficient and applicable in addressing vulnerable group needs
 - Global recognition for:
 - More complete / therapeutic foods to...
 - Effectively address the most distressed vulnerable groups:
 - Malnourished, severely malnourished, HIV/AIDS, special conditions / deficiencies.



Response to Challenges/Pressures

- Peanut Butter and ...
- Peanut Butter-Based Ready to Use Therapeutic / Supplemental Foods (RUT/SF's):
 - Strongly respond to pressures being exerted on food aid community
 - Have direct roles in effective response for:
 - Supplementation
 - Rehabilitation



Response to Challenges/Pressures

- Peanut Butter Supplemental Response:
 - School Age Children Benefits:
 - Energy/Nutrient Dense, Assist Cognitive Learning, Address Nutrient Deficiency
 - Family Food Basket Benefits:
 - Energy / Nutrient Dense, Address Nutrient Deficiency, Ready To Eat, No Preparation



Response to Challenges/Pressures

- RUTF's Provide Strong Targeted, Vulnerable Group Response:
 - Children
 - Rehabilitation - Stunted / Wasted, Edematous, HIV/AIDS Infected
 - Supplementation - Stunted, Nutrient Deficient
 - Women / Men - Supplementation
 - Pregnant / Lactating Women, HIV Infected, Malnourished, Elderly, Emergency Ration, Nutrient Deficient



Response to Challenges/Pressures

- For NGO/PVO's ... Peanut Butter or Peanut Butter Based RUTF's Provide:
 - Convenient In-field Application
 - Ready to eat, no preparation
 - Do not require cooking; no fuel need
 - Does not require mixing with water; eliminates risk of contamination
 - Stable, with a long shelf life
 - Portable; antimicrobial; eco-friendly
 - Can easily be made and distributed in-country.



Response to Challenges/Pressures

- For NGO/PVO's ... Peanut Butter or Peanut Butter Based RUTF's Provide Five Key Benefits:

1. Proven Vulnerable Group Effectiveness ^(a)

- >80% recovery of severely malnourished children
- Better outcomes for childhood malnutrition than standard therapy
- Lower prevalence of fever, cough & diarrhea than those of standard therapy
- Less deaths & relapse than with standard therapy.

(a) See Dr. Manary, et. al. peanut butter based RUTF clinicals/in-field studies spanning 10 years.



Response to Challenges/Pressures

- For NGO/PVO's ... Peanut Butter or Peanut Butter Based RUTF's Provide Five Key Benefits:

2. Real Nutrient Delivery

- High quality protein
- Energy-dense, nutrient-dense, provides satiety
- Vitamin & mineral rich
- Good to excellent vitamin source:
 - Niacin, vitamin B-6, thiamin, riboflavin, vitamin E (b)
- Good to excellent mineral source:
 - Magnesium, zinc, selenium, potassium, iron. (b)

(b) Peanut butter alone can provide these WHO levels.



Response to Challenges/Pressures

- For NGO/PVO's ... Peanut Butter or Peanut Butter Based RUTF's Provide Five Key Benefits:

3. Acceptance

- Likely to be consumed by all religions & cultures

4. Safety

- US products are safe with no aflatoxin issues
- No allergenicity issues after 10 years work with African children. (c)

5. Cost Effectiveness

- Cost effective in energy / nutrient density
- Esp. when factoring-in higher recovery rates, lower relapse & death rates, & lower incidence of issues (e.g. cough, diarrhea, fever) than standard therapies.

(c) See Dr. Manary, et. al. peanut butter based RUTF clinicals/in-field studies spanning 10 years.



Response to Challenges/Pressures

- **US-Sourced Peanut Butter - USAID Approved !**
 - US Agency for International Development, Office of Food for Peace, for Title II humanitarian assistance programs.



Thank You

American Peanut Council

1500 King Street, Suite 30
Alexandria, VA 22314 USA
(703) 838-9500

www.peanutusa.com





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U.S. Wellness Products
Day Two:
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The Use of Peanut Products

- Uses of US-Sourced Peanut Butter Products:
 - Specific market and target groups
 - Their nutritional needs
 - How Peanut Butter meets the need
 - How Peanut-based RUTF meets the need



The Use of Peanut Products

Peanut Butter: Healthy Food for School Children

Needs:	How Peanut Butter Meets the Need:
Energy/Calories Growth, metabolism & physical activity & to spare protein	
Protein Adequate amounts & good quality	
Carbohydrates Needed for brain function, to maintain blood glucose (sugar) & immediate energy	
Fats To provide energy & healthy fats for growth, metabolism & physical activity.	



The Use of Peanut Products

Peanut Butter: Healthy Food for School Children

Needs:	How Peanut Butter Meets the Need:
Energy/Calories Growth, metabolism & physical activity & to spare protein	• <u>More calories per gram</u> than rice, corn, wheat, corn/soy blend and F-100.
Protein Adequate amounts & good quality	• <u>~22% protein</u> - higher protein than wheat, rice and corn. • <u>Protein quality in peanuts is good</u> , higher than wheat, corn, rice
Carbohydrates Needed for brain function, to maintain blood glucose (sugar) & immediate energy	• <u>~ 25% carbohydrate & mostly complex</u> , slow burning & include fiber.
Fats To provide energy & healthy fats for growth, metabolism & physical activity.	• <u>~ 50% fat</u> , accounting for its high energy-density. • <u>Monounsaturated fat @ 42% & polyunsaturated fat @ ~22.8%</u> of total fat in peanut butter. These fats are heart-healthy fats.



The Use of Peanut Products

Peanut Butter: Healthy Food for School Children

Needs:	How Peanut Butter Meets the Need:
Electrolytes- Potassium & Sodium	
Vitamins:	
Minerals:	
Phytochemical-Resveratrol:	
Eco-Friendly:	



The Use of Peanut Products

Peanut Butter: Healthy Food for School Children

Needs:	How Peanut Butter Meets the Need:
Electrolytes- Potassium & Sodium	• <u>Electrolytes balanced</u> - 592 mg potassium, 476 mg sodium
Vitamins:	• <u>Good to Excellent sources</u> for Niacin, Vitamin B-6, Thiamin, Riboflavin, Folate, Choline, and Vitamin E for 4-8 year old children.
Minerals:	• <u>Good to Excellent sources</u> for Iron, Magnesium, Zinc, Selenium, Copper and Manganese for 4-8 year old children.
Phytochemical-Resveratrol:	• <u>Contains Resveratrol</u> , a natural anti-oxidant. • Anti-oxidants play a role in heart-health and immune function.
Eco-Friendly:	• <u>No refrigeration required, no preparation,</u> (additional. water / fuel). • Paired with wheat bread/crackers - <u>a complete protein finger food</u> appealing to children - no utensils, plates or special clean-up afterwards.



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Energy/Calories:	
Protein:	
Fats:	



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Energy/Calories:	<ul style="list-style-type: none">• <u>Energy dense</u> - higher in calories per gram than corn, rice, soy flour, wheat flour, bulgur, corn/soy blend, and F100.• Needed to augment the lower energy-dense grains & vegetables in the family diet.
Protein:	<ul style="list-style-type: none">• ~ <u>22% protein of good quality</u>.
Fats:	<ul style="list-style-type: none">• ~<u>50% fat</u>• Diets in developing countries are typically low in fat, making it difficult to meet daily energy needs.• ~<u>65% Monounsaturated and polyunsaturated fat</u> ... these fats are considered heart-healthy.



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Carbohydrates:	
Electrolytes:	
Vitamins:	
Minerals:	



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Carbohydrates:	• <u>~ 24% carbohydrate</u> - carbohydrate is complex, including fiber, resulting in slower-burning & greater stamina.
Electrolytes:	• <u>Balanced in electrolytes</u> - 592 mg potassium & 476 mg sodium.
Vitamins:	• <u>Good to Excellent sources</u> for Niacin, Vitamin B-6, Thiamin, Riboflavin, Folate, Choline, and Vitamin E for various family members.
Minerals:	• <u>Good to Excellent sources</u> for Iron, Magnesium, Zinc, and Selenium for various family members.



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Phytochemical-Resveratrol:	
Eco-Friendly:	
Versatile:	



The Use of Peanut Products

Peanut Butter: Healthy Food - Family Food Basket

Needs:	How Peanut Butter Meets the Need:
Phytochemical-Resveratrol:	<ul style="list-style-type: none">• <u>Contains Resveratrol</u>, a natural anti-oxidant.• Anti-oxidants play a role in heart-health and immune function for family members.
Eco-Friendly:	<ul style="list-style-type: none">• <u>No refrigeration required or preparation necessary</u> (i.e. additional water or fuel).
Versatile:	<ul style="list-style-type: none">• Pairing with wheat bread/crackers results in a complete protein.• Peanut butter can be incorporated into sauces<ul style="list-style-type: none">– use over rice to improve dietary protein quality– add to vegetables to increase calories and protein intake.



The Use of Peanut Products

RUTF: Malnutrition Rehabilitation & Supplementation

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
Children - Rehabilitation <ul style="list-style-type: none">-HIV infected-Stunted-Wasted-Edematous	<ul style="list-style-type: none">• Diet to provide energy / nutrients for usual growth & <i>catch-up</i> growth. Need: <ul style="list-style-type: none">-High caloric& nutrient density-High quality protein-Adequate V/M-Anti-microbial-Easy to prepare-Administered at home-Tastes good (compliance)-Sole source of food	
Children - Supplementation <ul style="list-style-type: none">-Stunted growth-Nutrient deficiencies	<ul style="list-style-type: none">• Nutrient & caloric dense to augment existing diet.• Supplements to combat anemia, stunted growth & nutrient deficiencies i.e. vitamin A, iodine, zinc.• Portable, shelf stable & usable in field by large populations.• Easy for child to obtain	



The Use of Peanut Products

RUTF: Malnutrition Rehabilitation & Supplementation

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p>Children - Rehabilitation</p> <ul style="list-style-type: none"> -HIV infected -Stunted -Wasted -Edematous 	<p>Diet to provide energy / nutrients for usual growth & <i>catch-up</i> growth. Need:</p> <ul style="list-style-type: none"> -High caloric& nutrient density -High quality protein -Adequate V/M -Anti-microbial -Easy to prepare -Administered at home -Tastes good (compliance) -Sole source of food 	<ul style="list-style-type: none"> • 545 kcal/100g • Contains protein, fat & carbs. • 13.6 % protein • V/M Fortified • Antimicrobial • Ready to eat • Provided at home <p>Appropriate for limited period as sole source of food until rehabilitation goal is met.</p>
<p>Children - Supplementation</p> <ul style="list-style-type: none"> -Stunted growth -Nutrient deficiencies 	<ul style="list-style-type: none"> •Nutrient & caloric dense to augment existing diet. •Supplements to combat anemia, stunted growth & nutrient deficiencies i.e. vitamin A, iodine, zinc. •Portable, shelf stable & usable in field by large populations. •Easy for child to obtain 	<ul style="list-style-type: none"> • High caloric, nutrient dense • Formulated with specific V/M • Can be packaged in sachets of desired size. • Can be administered in the field by non-health professionals to large groups of children



The Use of Peanut Products

RUTF: Malnutrition Rehabilitation & Supplementation

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p>Women - Supplementation</p> <ul style="list-style-type: none">-Pregnant (P)-Lactating (L)-HIV-infected-Malnourished-Elderly-Emergency rations	<ul style="list-style-type: none">-Beyond maintenance & growth, (if teen), P&L diet should provide extra ~25 g protein, ~300-500 kcal, ~10 mg iron & increased V/M.-HIV-infected P&L women have add'l nutrient needs (protein, calories & V/M) beyond nutrient needs for P&L women.-Non P&L HIV-infected women have increased protein, calorie & V/M needs.-Need high caloric & nutrient dense supplement or foods depending on health status of woman.-Ready to eat: malnourished & sick women have little energy to look for wood, carry water and cook.-Shelf stable: best if refrigeration not required after opening-Antimicrobial, Acceptable taste-Portable <p>American Peanut Council</p>	



The Use of Peanut Products

RUTF: Malnutrition Rehabilitation & Supplementation

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p>Males - Supplementation</p> <ul style="list-style-type: none">-HIV-infected-Malnourished-Nutrient deficiencies-Emergency rations	<p>Diet should provide nutrition for maintenance and growth, (if teen), plus extra nutrients to restore health & combat illnesses. Need:</p> <ul style="list-style-type: none">-High caloric density-High nutrient density-HIV-infected males need additional protein, calories and specific additional V/M-Supplements can augment regular diet depending on health status-Need food vehicle for delivering specific nutrients-Antimicrobial-Easy to prepare-Acceptable taste-Portable	



The Use of Peanut Products

RUTF: Malnutrition Rehabilitation & Supplementation

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p>Women - Supplementation</p> <ul style="list-style-type: none"> -Pregnant (P) -Lactating (L) -HIV-infected -Malnourished -Elderly -Emergency rations <p>Males - Supplementation</p> <ul style="list-style-type: none"> -HIV-infected -Malnourished -Nutrient deficiencies -Emergency rations 	<ul style="list-style-type: none"> -Beyond maintenance & growth, (if teen), P&L diet should provide extra ~25 g protein, ~300-500 kcal, ~10 mg iron & increased V/M. -HIV-infected P&L women have add'l nutrient needs (protein, calories & V/M) beyond nutrient needs for P&L women. -Non P&L HIV-infected women have increased protein, calorie & V/M needs. -Need high caloric & nutrient dense supplement or foods depending on health status of woman. -Ready to eat: malnourished & sick women have little energy to look for wood, carry water and cook. -Shelf stable: best if refrigeration not required after opening -Antimicrobial, Acceptable taste -Portable 	<ul style="list-style-type: none"> -High caloric density -High nutrient density -545 kcal/100 g - 13.6% protein -Micronutrients can be customized -Sachet serving size can be customized -Antimicrobial -Ready to eat -Requires no preparation, water or fuel -No refrigeration required -Tastes good -Easy to carry sachet



The Use of Peanut Products

RUTF: Complementary Food - Children 6-18 Months

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p>Children 6-18 months of age: at risk for malnutrition or at average wt for ht.</p> <p>Children need complementary foods (CF) at about 5-6 months of age, paired with continued breast feeding.</p> <p>Growth faltering may occur in many disadvantaged populations when CF does not contain adequate micronutrients and energy density.</p>	<p>The CF must not affect the amount of breast milk consumed</p> <p>Need:</p> <ul style="list-style-type: none">- Caloric density- Nutrient density- Quality protein- Adequate V/M- Anti-microbial- Easy to prepare- Home administered- Compliance	



The Use of Peanut Products

RUTF: Complementary Food - Children 6-18 Months

Population At-Risk/Use:	Needs:	How RUTF Meets Needs:
<p data-bbox="98 415 658 529">Children 6-18 months of age: at risk for malnutrition or at average wt for ht.</p> <p data-bbox="98 596 639 753">Children need complementary foods (CF) at about 5-6 months of age, paired with continued breast feeding.</p> <p data-bbox="98 821 658 978">Growth faltering may occur in many disadvantaged populations when CF does not contain adequate micronutrients and energy density.</p>	<p data-bbox="703 415 1263 486">The CF must not affect the amount of breast milk consumed</p> <p data-bbox="703 558 799 586">Need:</p> <ul data-bbox="730 608 1078 982" style="list-style-type: none">- Caloric density- Nutrient density- Quality protein- Adequate V/M- Anti-microbial- Easy to prepare- Home administered- Compliance	<ul data-bbox="1309 415 1818 786" style="list-style-type: none">-High energy density-Can vary portion-Fortified with V/M-Antimicrobial-Ready to eat (no water or fuel needed to prepare)-Provided at home-Well tolerated



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- Peanut Butter:
 - USAID Approved Building Block for International Food Aid
 - Peanut-Based RUTF:
 - Provides the Energy, Protein, Carbohydrates, Micronutrients with the taste and familiarity to truly address the malnourished
 - “Has current demonstrated effectiveness in RUTF with >80% of severely malnourished children recovering.”
 - Clinical trials prove efficacy – minimum of 12 published clinical trials
 - Readily Available as key ingredient in:
 - Commercial products and
 - Effective response to needy food aid beneficiaries.



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Further Peanut Butter Information:



American Peanut Council
1500 King Street, Suite 30
Alexandria, VA 22314 USA
(703) 838-9500

www.peanutusa.com



Thank You American Peanut Council

