

# Peanuts

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**Natural Health Food for All**

# American Peanut Council



- Umbrella trade association for the U.S. peanut industry
- Comprised of peanut farmers, shellers (raw peanut exporters), and manufacturers who make snack peanuts, peanut butter, peanut candy, and ingredients such as high-protein flour and aromatic peanut oil.



# Patterns of Consumption

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- Peanuts date back thousands of years to South America, but soon traveled to Europe and Africa
- They are enjoyed in cuisines from Africa to China to India, and of course, the U.S.A.!



# U.S. Exports to R.S.A.

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- **595 MT of total peanut products with a value of \$2,385,000 in 2012 (more than double the amount sold in 2011)**



# **Peanut Butter**

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- **Stabilized or unstabilized (paste)**
- **Various roast levels and flavor formulations**
- **Largest application as a spread**
- **Also used in confections**
- **Used in sauces and soups in many cuisines**

# Peanut Ingredient Products

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- High Protein partially defatted peanut flour
- Aromatic Peanut Oil
- Peanut Extract



# High Protein Peanut Flour

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- Partially defatted to 28% or 12%
- Used as a lower-calorie protein booster
- Largest application in health and nutrition bars
- Controls fat migration (i.e. confections)
- Used as a peanut flavor-enhancer

# Peanut Oils

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- **Refined peanut oil**
  - For frying and cooking
  - Similar fat profile to olive oil
  - High smoke point
  - Deodorized – does not transfer flavor
- **Aromatic peanut oil**
  - for flavor enhancement
- **Peanut extract**
  - More concentrated form



# Natural Health from the Ground Up

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- Natural Plant Food
- Classified as a legume
- Kernels recognized as nuts because of the nutrient profile and physical properties
- Complex package of nutrients beneficial from infancy through adulthood



# A Powerhouse of Nutrients

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- Heart healthy monounsaturated fats
- Low in carbohydrates, yet high in fiber
- High in protein (a legume - not a nut)
- Source of hard-to-get vitamins and minerals (magnesium, folate, vitamin E, and copper)
- Peanuts and peanut butter recognized as a great way to get multiple nutrients in a small portion from a single economical food source



# Health Benefits

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Research supports daily consumption of peanuts to promote health, manage weight and improve nutrient adequacy



# Health Benefits

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Peanuts contribute not only to a healthy diet but now are a key element in the fight against malnutrition



# Malnutrition in Numbers

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- **Over 4 million deaths a year worldwide due to malnutrition and most are young children**
- **Severe malnutrition causes stunted growth, developmental delays and wasting**



# Poverty and Hunger

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- **UN Reports in R.S.A.:**
  - 11.5 million out of 19 million children live in poverty
  - Poor children are 17 times more likely to be hungry
  - 5 million children are HIV positive which is a strong contributor to malnutrition
  - 2 million children orphaned due to HIV/AIDS





# Peanut-Based RUTF

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- Classified as a medicine, not a food
- Efficacy rate of 95%
- Designed to treat acute malnutrition at home by the parent rather than in a hospital
- Portable, needs no potable water or refrigeration, easily digestible
- Great taste



# Mothers Take RUTF Home

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# Kids Love the Taste

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# Familiar, Versatile, Complementary

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# Thank you!

[www.peanutsusa.com](http://www.peanutsusa.com)

