

# 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 peanut snacks, 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.!



# 2013 U.S. Exports to Africa

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- **Kenya:** 53 MT of total peanut products with a value of \$231,275
- **Ghana:** 10 MT of total peanut products with a value of \$33,657



# 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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1. High Protein Peanut Flour
2. Aromatic Peanut Oil
3. 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 cooking and frying
  - Similar fat profile to olive oil
  - High smoke point
  - Deodorized
- **Aromatic peanut oil**
  - For flavor enhancement
- **Peanut extract**
  - More concentrated form



# From the Ground Up: Natural Health

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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



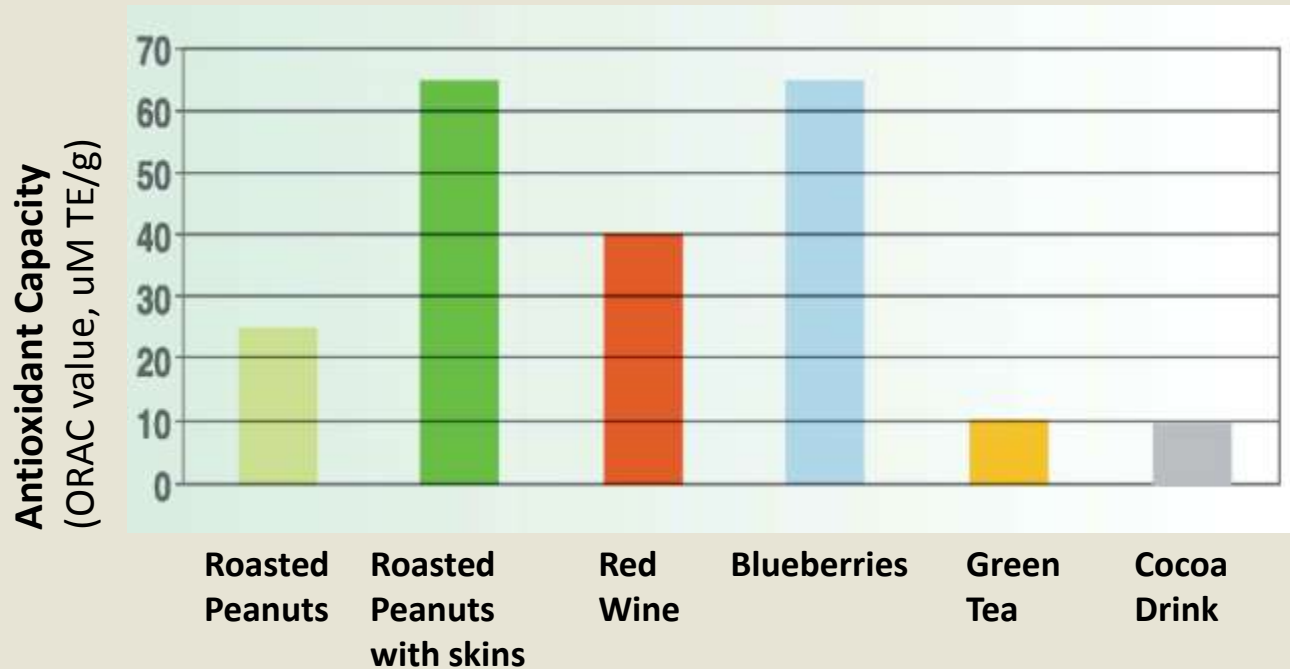
# A Powerhouse of Nutrients

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- Heart healthy monounsaturated fats
- Low in carbohydrates, high in fiber
- High in protein (**7 g per ounce**)
- 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



# Antioxidant Capacity



When peanuts are consumed with their skins, their antioxidant capacity doubles and roasted peanuts with skins have been shown to have a higher antioxidant capacity than **green tea, red wine, and blueberries.**

# Health Benefits

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

- ***American Journal Daily:*** Eating peanuts daily helps decrease blood pressure and cholesterol.
- ***New England Journal of Medicine:*** Eating peanuts daily significantly reduces mortality of all causes.



# Malnutrition Worldwide

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



# Poverty and Hunger

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- 842 million people worldwide suffering from chronic hunger
  - 1 out of 6 children underweight
  - 1 out of 4 children stunted
- SSA has highest prevalence of undernourishment
- $\frac{3}{4}$  of all hungry live in rural areas



# Peanut Butter for the Hungry

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- Initiative of the U.S. peanut industry to help severely malnourished children around the world.
- Supports manufacture and use of ready-to-use therapeutic food (RUTF)
  - Simple, effective mixture of peanut paste, powdered milk, vitamins and minerals

# Peanut-Based RUTF

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- Classified as a medicine, not just 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



# 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)

