

# Peanuts

---



**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

---

- 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.

---

- **328 MT of total peanut products with a value of \$726,000 in 2011**
  - 159 MT of peanut butter
  - 123 MT of raw blanched peanuts
  - 28 MT of processed peanuts
  - 13 MT of inshells



# **Peanut Butter**

---

- **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

---

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



# High Protein Peanut Flour

---

- 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

---

- **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

---

- **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

---

- 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

---

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



# Health Benefits

---

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



# Malnutrition in Numbers

---

- **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

---

- **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

---

- 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

---





# Kids Love the Taste

---



# Familiar, Versatile, Complementary



# Thank you!

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

