

Peanut Allergy: *Facts versus Fiction*

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There is virtually no food that someone, somewhere has not claimed to be allergic to, but true food allergies are rare. Food allergy experts estimate that a true food allergy affects up to 4 percent of the general population in the United States. Additionally, recent population-based studies in the United States, United Kingdom and Canada estimate that approximately 0.6%–1.5% of the U.S. population has a peanut allergy.¹

According to the U.S. Food and Drug Administration, roughly 90 percent of all food-allergic reactions are triggered by eight foods:

- MILK, EGG, PEANUT, WHEAT, SOY, TREE NUTS (ALMOND, WALNUT, CASHEW, PECAN, HAZELNUT, ETC.), FISH, SHELLFISH

A food allergy is the reaction of the body’s immune system to a food or food ingredient, usually a protein.² The body’s immune system recognizes the allergen as foreign and creates a reaction with antibodies in an effort to “repel” the allergen. Within minutes, these substances cause a variety of allergic symptoms that can affect the skin, gastrointestinal tract and the respiratory system. Some responses can be life-threatening.

WHILE MORE THAN 99 PERCENT OF THE POPULATION CAN ENJOY PEANUTS AND PEANUT PRODUCTS, THOSE WHO ARE PEANUT-ALLERGIC NEED TO BE AWARE OF WHAT THEY’RE EATING AND DRINKING, AND NEED TO BE ALWAYS PREPARED TO TREAT A REACTION SHOULD ONE OCCUR.

Individuals at risk for food allergy or those who suspect an allergy should be encouraged to speak with their healthcare provider about establishing a plan for managing their allergies.

FOR MORE INFORMATION ON PEANUT ALLERGY, CONSIDER THE FOLLOWING ORGANIZATIONS:

Food Allergy & Anaphylaxis Network (FAAN)
www.foodallergy.org

American Academy of Allergy, Asthma & Immunology
www.aaaaaai.org

1. Emmet, S.E., Angus, F.J., Fry, J.S., Lee, P.N., Perceived prevalence of peanut allergy in Great Britain and its association with other atopic conditions and with peanut allergy in other household members [published erratum appears in Allergy 1999 Aug; 54(8), Allergy 1999; 54(4): 380-5].

2. Taylor, S.L., Munoz-Furlong, A. Food allergies and avoidance diets. Nutrition Today. 34:15-22, 1999.



National Peanut BoardSM

The National Peanut Board (NPB) is a farmer-funded research, promotions and education organization that works on behalf of all USA peanut farmers. The Board’s goal is to support and expand existing markets, develop new markets and facilitate the economic production of high-quality USA peanuts for consumers worldwide. Additionally, the National Peanut Board funds food allergy, production and nutrition research.



PEANUTS:
ENERGY for the good Life.

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The Good News
..... *about*

USA-Grown Peanuts

This brochure has been developed and designed by the National Peanut Board (NPB) and approved by the United States Department of Agriculture to provide dietitians, nutritionists and medical professionals fact-based nutritional guidance about peanuts and the healthful benefits that they provide.

Peanut Nutrition Facts

The National Peanut Board (NPB) is committed to helping individuals eat healthier by educating them about the healthful benefits of peanuts and peanut products. Peanuts and peanut butter meet many of the major recommendations set forth in the 2005 Dietary Guidelines for Americans, including choosing a variety of nutrient-dense foods and beverages within and among the basic food groups and limiting saturated and trans fats, cholesterol and added sugars.

RESEARCH SHOWS THAT PEANUTS AND PEANUT BUTTER CONTRIBUTE MORE THAN 30 ESSENTIAL VITAMINS AND MINERALS AND CAN BE PART OF A VARIED, BALANCED DIET THAT PROMOTES GOOD HEALTH.

Many consumers need to increase their consumption of food rich in vitamin E, potassium and fiber. Peanuts and peanut butter are good sources of vitamin E, fiber, magnesium and folate and are excellent sources of niacin (vitamin B).

The Daily Reference Value (DV) helps consumers use food label information to plan a healthy overall diet. DV provides a nutrient content percentage based on a daily recommendation. According to the United States Department of Agriculture (USDA), one serving of peanuts provides 20 percent of the DV for niacin and 10 percent DV of magnesium, vitamin E, folate, copper and phosphorus. One serving also contains 7g of protein.

PEANUTS, ALL TYPES, DRY-ROASTED

Nutrition Facts

Serving Size 1 oz. (28g)	Sodium 2mg
Calories 170	Total Carbohydrate 6g
Calories from Fat 130	Dietary Fiber 2g
Total Fat 14g	Sugars 1g
Saturated Fat 2g	Protein 7g
Cholesterol 0mg	

Vitamin A 0%*, Vitamin C 0%, Calcium 0%*, Iron 4%,
Folate 10%*, Niacin 20%, Magnesium 10%*,
Phosphorus 10%, Thiamin 8%*, Vitamin E 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Skinny on Fats

PEANUT BUTTER, SMOOTH STYLE

Nutrition Facts

Serving Size 2 Tbsp. (32g)	Sodium 150mg
Calories 190	Total Carbohydrate 6g
Calories from Fat 150	Dietary Fiber 2g
Total Fat 16g	Sugars 3g
Saturated Fat 3g	Protein 8g
Cholesterol 0mg	

Vitamin A 0%*, Vitamin C 0%, Calcium 0%*, Iron 4%,
Folate 6%*, Niacin 20%, Magnesium 10%*,
Phosphorus 10%, Vitamin E 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The 2005 Dietary Guidelines for Americans recommend individuals consume 20 to 35 percent of their daily calories from fat, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, and keeping saturated fat, trans fats and cholesterol in check. Peanuts and peanut butter can help consumers meet these heart-healthy guidelines by limiting the unhealthy saturated fat, trans fats and cholesterol.

Peanuts provide a beneficial balance of fatty acids, containing primarily mono- and polyunsaturated with only 2 grams of saturated fat in a one-ounce serving of peanuts.¹ Peanut butter contains 12 grams of unsaturated fat and 3 grams of saturated fat in a one-ounce serving.² They are also considered trans fat-free.



1. Sanders, T.H. Non-detectable levels of trans-fatty acids in peanut butter. J. Agric Food Chem., 2001; 49:2349-51.

2. McManus, K., Antinoro, L., Sacks, F., A randomized controlled trial of a moderate-fat, low-energy diet compared with a low-fat, low-energy diet for weight loss in overweight adults. Int. Journal of Obesity Related Metabolic Disorders. 2001; 25:1503-1511.

Peanuts and Body Weight

Obesity and weight management are major public health concerns affecting millions of individuals of all ages. To help combat the rising rate of Americans who are overweight and obese, healthy eating habits and physical activity are crucial to help achieve and maintain a healthy weight. Studies suggest that peanuts can be part of a calorie-reduced diet and may provide benefits to helping individuals stick to their eating plans.



SCIENTIFIC EVIDENCE SUGGESTS, BUT DOES NOT PROVE, THAT EATING 1.5 OUNCES PER DAY OF MOST NUTS, INCLUDING PEANUTS, AS A PART OF A DIET LOW IN SATURATED FAT AND CHOLESTEROL MAY REDUCE THE RISK OF HEART DISEASE.

Research has shown that the protein and fiber in peanuts are satiating and may help moderate appetite.³ One randomized, controlled trial of overweight individuals found that those who consumed nearly 30 percent of their total calories from primarily mono- and polyunsaturated fat, including peanuts, were more likely to adhere to their diet for long-term success compared to those following the same caloric restrictions but with 20 percent of calories from fat. Peanuts contain protein, fat and fiber, which researchers predict enhance satiety and many affect the absorption of some calories. Since peanuts also contain many nutrients, they can help ensure that individuals will be meeting their nutritional requirements while cutting back on calories.

Many consumers are following carbohydrate-controlled eating plans to promote weight loss. Peanuts and peanut butter are good options for individuals on these types of eating plans because they provide protein without cholesterol or excess saturated fat and contain 2 grams of fiber per serving and only 6 grams of carbohydrates.

3. Kirkmeyer S.V. and Mattes, R.D. Effects of food attributes on hunger and food intake. International Journal of Obesity. 2000;24:1167-1175.