



## **OBESITY**

The American peanut industry recognizes that obesity is a major public health concern in the US and in developed countries around the world.

According to the U.S. Department of Health and Human Services and the National Institute of Health, obesity is one of America's greatest health challenges. The Centers for Disease Control and Prevention (CDC) estimates that more than one-third of U.S. adults, or more than 72 million people, and approximately 17% (or 12.5 million) of children and adolescents are obese.<sup>1</sup>

Obesity has been shown to be a significant risk factor for a number of chronic diseases, including diabetes, cardiovascular diseases and certain cancers. Numerous federal, state, advocacy and private sector programs focus on fighting overweight and obesity.

Peanuts are dense in calories, but also rich in many nutrients. Because of their favorable nutrition profile, health professionals encourage moderate consumptions of nuts, like peanuts, as part of a healthy diet. Peanuts and peanut butter are sources of dietary folate, fiber, vitamin E, magnesium, protein, healthful unsaturated fat, and other essential nutrients.<sup>2</sup>

Research has shown that including peanuts and peanut butter as part of a healthful, calorie-controlled diet can help promote weight loss and weight maintenance. An intensive intervention trial conducted through Baylor College of Medicine found that "overweight adolescents ate fewer times per day and were not as hungry when they were taught how to make healthier food choices and snack on a nutrient-rich, satiating snack of peanuts or peanut butter. These changes were also

---

<sup>1</sup> Centers for Disease Control and Prevention. Accessed at <http://www.cdc.gov/obesity/data/facts.html>

<sup>2</sup> The Peanut Institute. *Peanut Facts: Nutritional Breakdown*. Accessed at <http://www.peanut-institute.org/peanut-facts/nutritional-breakdown.asp>

related to reduced weights at six months.”<sup>3</sup> Other studies have made similar observations.<sup>4</sup> In addition, including one to two servings of peanuts or peanut butter in the daily diet has shown to improve blood lipid levels, which reduces the risk of cardiovascular disease.<sup>5</sup>

For more information on nutrition research, visit [www.peanut-institute.org](http://www.peanut-institute.org)

Approved 6/20/14. For further general information, please contact the American Peanut Council office in Alexandria, Va. at: Tel: 703-838-9500; email: [info@peanutsusa.com](mailto:info@peanutsusa.com).

---

<sup>3</sup> Nutrition Research Vol. 33, Issue 7, Pages 552-556; July 2013, Jennette Palcic Moreno, Craig A. Johnston, Abeer A. El-Mubasher, Maria A. Papaioannou, et al [http://www.nrjournal.com/article/S0271-5317\(13\)00107-3/abstract](http://www.nrjournal.com/article/S0271-5317(13)00107-3/abstract)

<sup>4</sup> The Peanut Institute. *Weight Maintenance*. Accessed at [http://www.peanut-institute.org/images/default\\_2\\_598030421.pdf](http://www.peanut-institute.org/images/default_2_598030421.pdf)

<sup>5</sup> The Peanut Institute. *Health & Nutrition Research: Disease Prevention*. Accessed at <http://www.peanut-institute.org/health-and-nutrition/disease-prevention/heart-disease-details.asp> and Kris-Etherton PM, Pearson TA, Wan Y, et al. High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations. *Am J Clin Nutr*.1999;70(6):1009–1015.