



## **Trans-Fatty Acids Non-detectable in Peanut Butter**

In accordance with the current U.S. Food and Drug Administration (FDA) nutritional labeling guidelines for trans-fatty acids, **all peanut butter produced in the United States is labeled “zero grams trans-fat.”**

A study conducted by the Agricultural Research Service of the U.S. Department of Agriculture (USDA) and published in the *Journal of Agricultural and Food Chemistry* analyzed 11 brands of peanut butter commercially available across the U.S. No trans-fatty acids were detected in any of the samples tested, despite that the state-of-the-art analytical system was capable of measuring to a detection level of 0.01% of the sample weight.

The USDA study indicates that consumption of peanut butter should not be of concern to individuals monitoring trans-fatty acid intake.

Trans-fatty acids are a public health concern because trans-fat consumption has been linked to higher risk of coronary heart disease. Because of this, FDA is in the process of reviewing the use of partially hydrogenated vegetable oil in foods because of their trans-fat content.

By law, peanut butter marketed in the United States must contain at least 90% peanuts. Small amounts of sweetener, salt and stabilizer may be included. Although partially hydrogenated vegetable oil is commonly used as a stabilizer, in peanut butter, it does not contribute detectable levels of trans-fatty acids. .

Natural types and freshly ground peanuts were not found to be different from commercial peanut butter in trans-fatty acid content. Consumers can feel confident purchasing both natural and commercial varieties of peanut butter to avoid trans fatty acids.

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