



# peanut nutrition research

TRUSTING THE JOURNEY FROM  
PAST TO PRESENT TO FUTURE

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AHH, for the good ole' days!



"When I fell, nothing would happen to me. I wasn't delicate, like you kids."



# POWER OF THE PAST



**BE KIND.  
REWIND.**

# FORCE OF THE FUTURE



**See what's next.**



**"The past is a place of reference,  
not a place of residence."**

**— Roy T. Bennett**





## POWER OF OUR NUTRITION PAST: SECURITY FOR CONSUMERS IN UNCERTAIN TIMES

- Circumstances of war time involved food rationing, so **there was a focus on conserving and getting enough calories, protein, vitamins and minerals.** In addition to their use in war materials, peanuts were an important food source.



"Mr. Peanut Goes to War," United States Department of Agriculture War Boards, c. 1942. National Archives







# PEANUT ADS: 1950-1980



## PEANUT CRUNCH (1950s)

"Contains essential vitamins that help build strong bodies."



## SWIFTS (1950s)

"Top-quality vegetable protein.. plus the essential minerals Iron, Calcium and Phosphorus."



## SKIPPY (1980s)

"It's the only leading national brand to give them both high protein and less sugar."

**NOURISHMENT: PROTEIN, VITAMINS, & MINERALS - UNTIL THE 1980s**



1980s

# TURNING POINT

We needed to build on consumer's need for nourishment as they were asking for more information on health



# More than 55% of your daily protein needs

And a higher level of many vitamins and minerals than the average Australian meal.



Keeping you and your children in good health makes good sense...and good business. And we think our food is as good for you as it is good to eat. We're not suggesting, of course, that a meal at McDonald's gives you all the nutrients you need.

But it is true that a meal of a BIG MAC<sup>®</sup>, a McDonald's strawberry milk Shake and a (regular) serving of French Fries, provides a substantial proportion of your daily requirements of many nutrients. While this meal combination supplies 40% of the total body requirements of calories, it provides more than 55% of the daily need for protein and greater than 50% of the daily need of many important vitamins and minerals.

The table below indicates specific nutrition information on the illustrated meal.

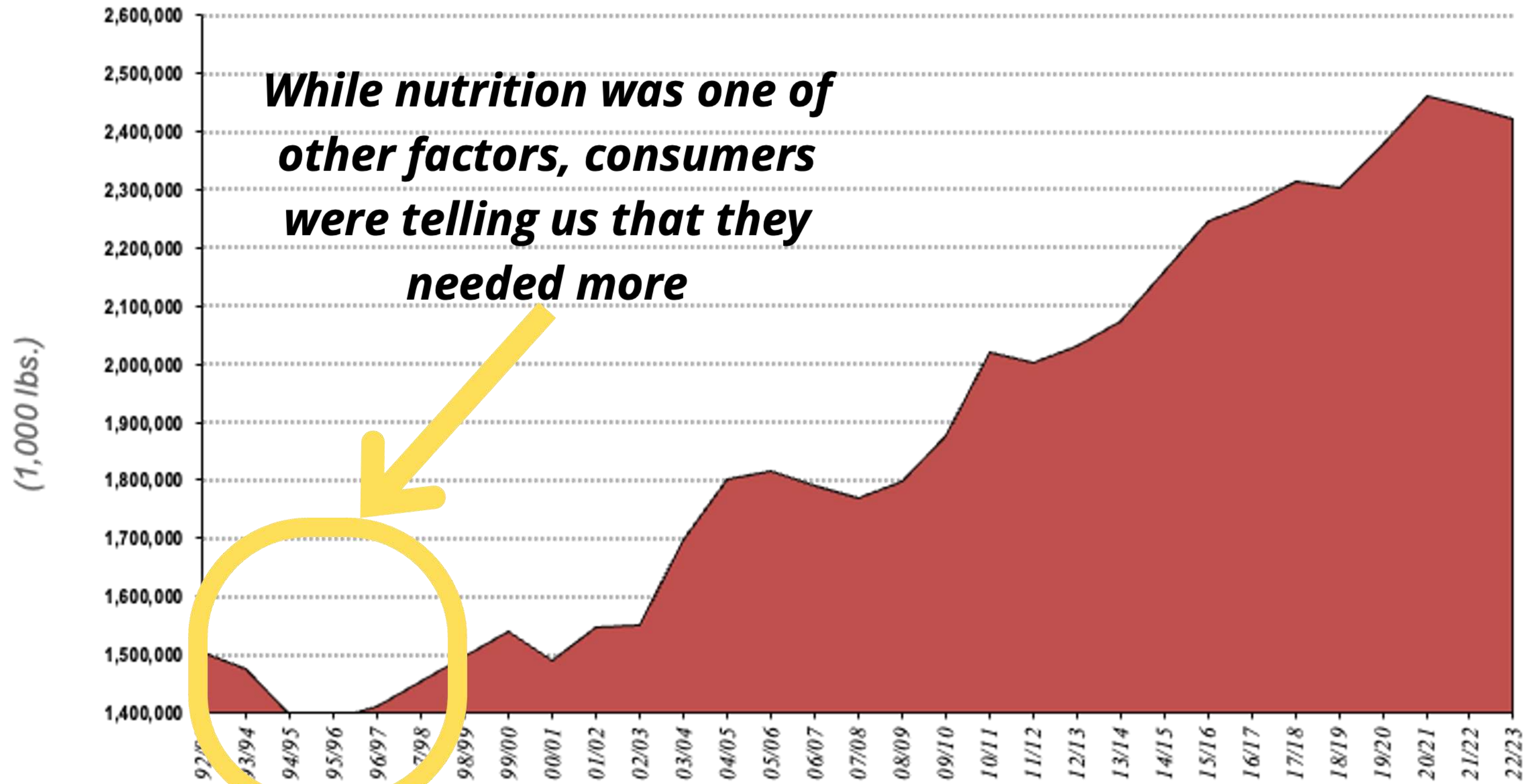
If you would like further information about McDonald's food, ask at any McDonald's restaurant for our 'Nutritional Look at McDonald's' leaflet. We want you to enjoy our good food... and enjoy it in good health.



**LOW FAT**



# Total U.S. Consumption of Peanuts



Source: USDA Peanut Stocks & Processing Report.



# BUT WHERE WAS PEANUT HEALTH RESEARCH?

- Between 1945 and 1985, there were 149 papers written on peanut nutrition and health
- Topics
  - Lectins, which people should avoid
  - Aflatoxin, which people should avoid
  - Malnutrition and liver damage
  - Protein quality
- A search for “health benefits” yielded nothing before 1995





The image is a composite background. On the left, there is a blue-tinted anatomical diagram of a human head and neck, showing the jaw, throat, and esophagus. In the center, a man with a beard, wearing a blue denim shirt, is holding a peanut butter sandwich between his fingers. At the bottom, a glass bowl filled with peanuts is shown, with a bright light emanating from it. A large, semi-transparent orange rectangle is overlaid in the center, containing text.

## THE SECRET TO OUR SUCCESSFUL TRANSITION FROM PAST TO PRESENT

*Thanks to this industry, since 1996, The Peanut Institute has invested \$45 million in nutrition science research & communication. We've invested in and journeyed with the consumer.*



# OUR GREATEST CHALLENGE = OUR GREATEST OPPORTUNITY

Being a part of  
the answer to  
today's biggest  
question:

“Is there  
anything left I  
can trust?”



## A Shaky System

- **Fewer than four in ten adults (38 percent)** in 2021 said they had a great deal of confidence in today's healthcare system (compared to 61% in 1976).
- Millennials (age 27-42) exceed older generations in chronic conditions, making them **more dependent on the healthcare system** compared to other age groups
- People are trying to take control of their health. Ninety-three percent (93%) express wanting to eat healthier at least sometimes but 60% don't know how.



# OUR PRIVILEGE

To walk alongside consumers in their health journey by providing consistent, reliable information about healthy lifestyles – because we also care about health.





# Today's Consumers Are Asking For Functional Foods and Beverages



## Gut Health Promoting Ingredients

Probiotics, prebiotics, and fermented foods that support a healthy gut microbiome and improve digestion.



## Immune-Strengthening Nutrients

Vitamins, minerals, and plant-based compounds that bolster the body's natural defense mechanisms.



## Cognitive Function Boosters

Nootropic supplements, omega-3 fatty acids, and antioxidants that enhance brain function and mental clarity.



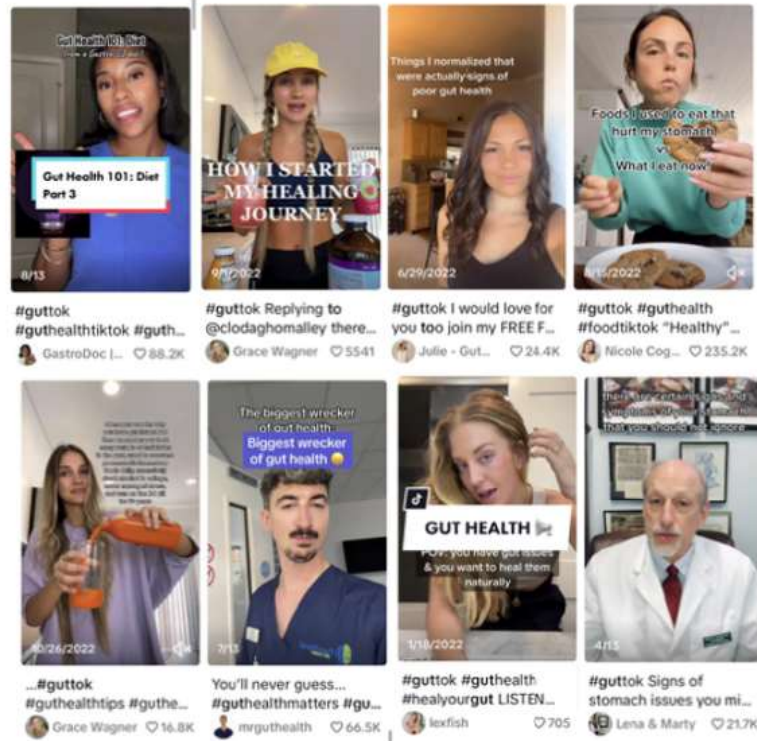
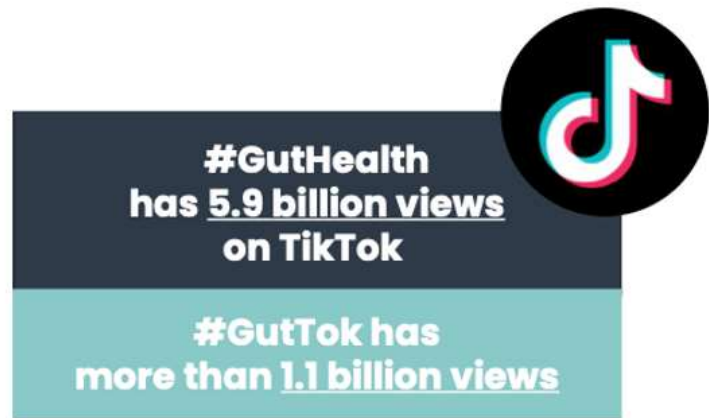
## Holistic Well-being Enhancers

Adaptogens, stress-reducing herbs, and plant-based beverages that promote overall wellness and balance.

People are seeking out products that not only nourish but also provide tangible health benefits beyond basic nutrition. We have the tools to provide consistent, evidence-based information to help others along their health journey.



## Curiosity manifesting in social behavior



73%

very or extremely curious about foods that improve gut health

“What really stood out to us was the level of curiosity about functional nutrition. Foods with cognitive health benefits and foods that improve gut health stood out.”

AMY WOOD, SENIOR VICE PRESIDENT AND STRATEGIST AT CURIOUS PLOT

Survey of consumer curiosity in a sample of 700. Food trends are driven by early food adopters who significantly influence mainstream consumers tomorrow.



# RESEARCH SNAPSHOT 2024

13 FUNDED STUDIES

3 SUPPORTED STUDIES

## UNIQUE TOPIC AREAS

- Brain health
- Diabetes
- Cancer
- Gut microbiome
- Immunity
- Fitness
- Heart health
- Longevity
- Health equity
- Bone health

## COUNTRIES

- United States
- Canada
- Australia
- Spain
- Italy
- Netherlands

## RECENT PUBLICATIONS

- Mental health
- Vascular health
- Microbiome
- Cancer



**AUGUSTA**  
UNIVERSITY



UNIVERSITAT DE  
BARCELONA



**DEAKIN**  
UNIVERSITY



SOUTHWESTERN  
UNIVERSITY











# COGNITION

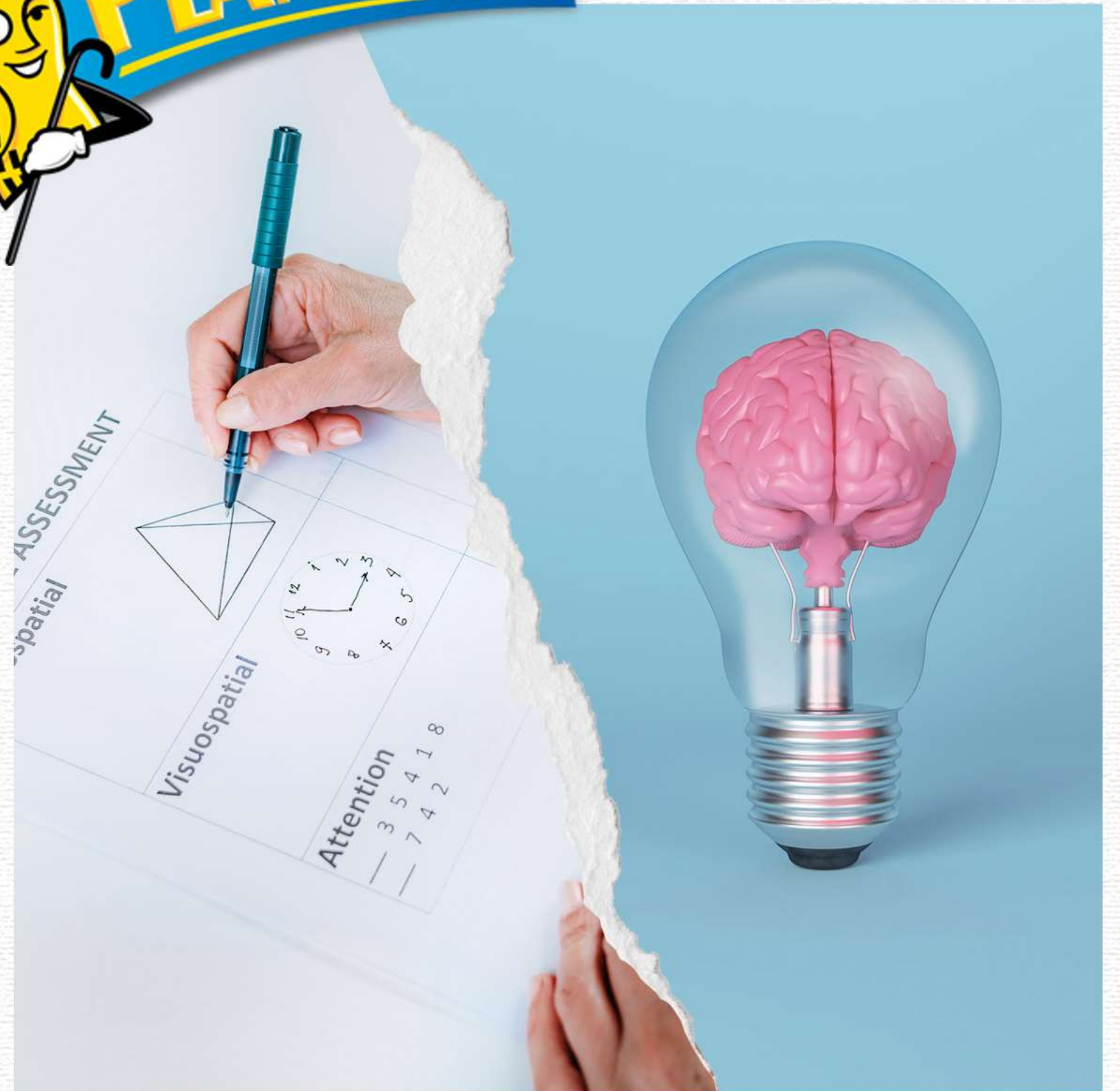
“Available evidence suggests a possible role for nuts in the **maintenance of cognitive health and prevention of cognitive decline.**”



# 2024

The peanut group had **greater improvements in memory and in attention span** than the control group.

Systolic blood pressure (BP) decreased by 6.6% in the peanut group and increased 1.9% in the control group.





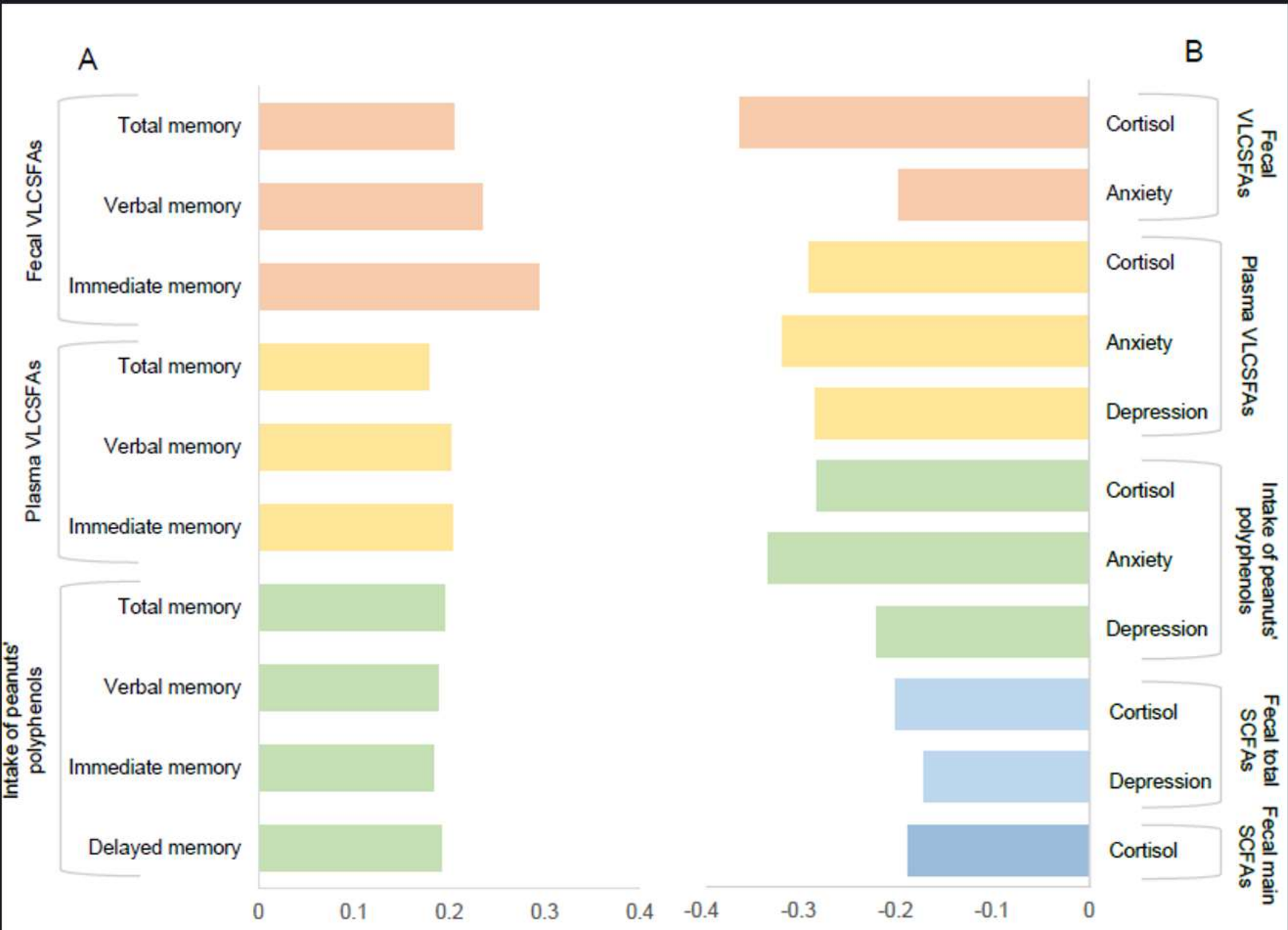
# 2024

- Study in 6,411 adults
- Higher consumption of nuts as part of the MIND diet was **associated with a 30% reduced risk of cognitive impairment.**
- Past TPI studies have shown an improvement in memory and depression scores among young adults with peanut consumption. More research is needed.



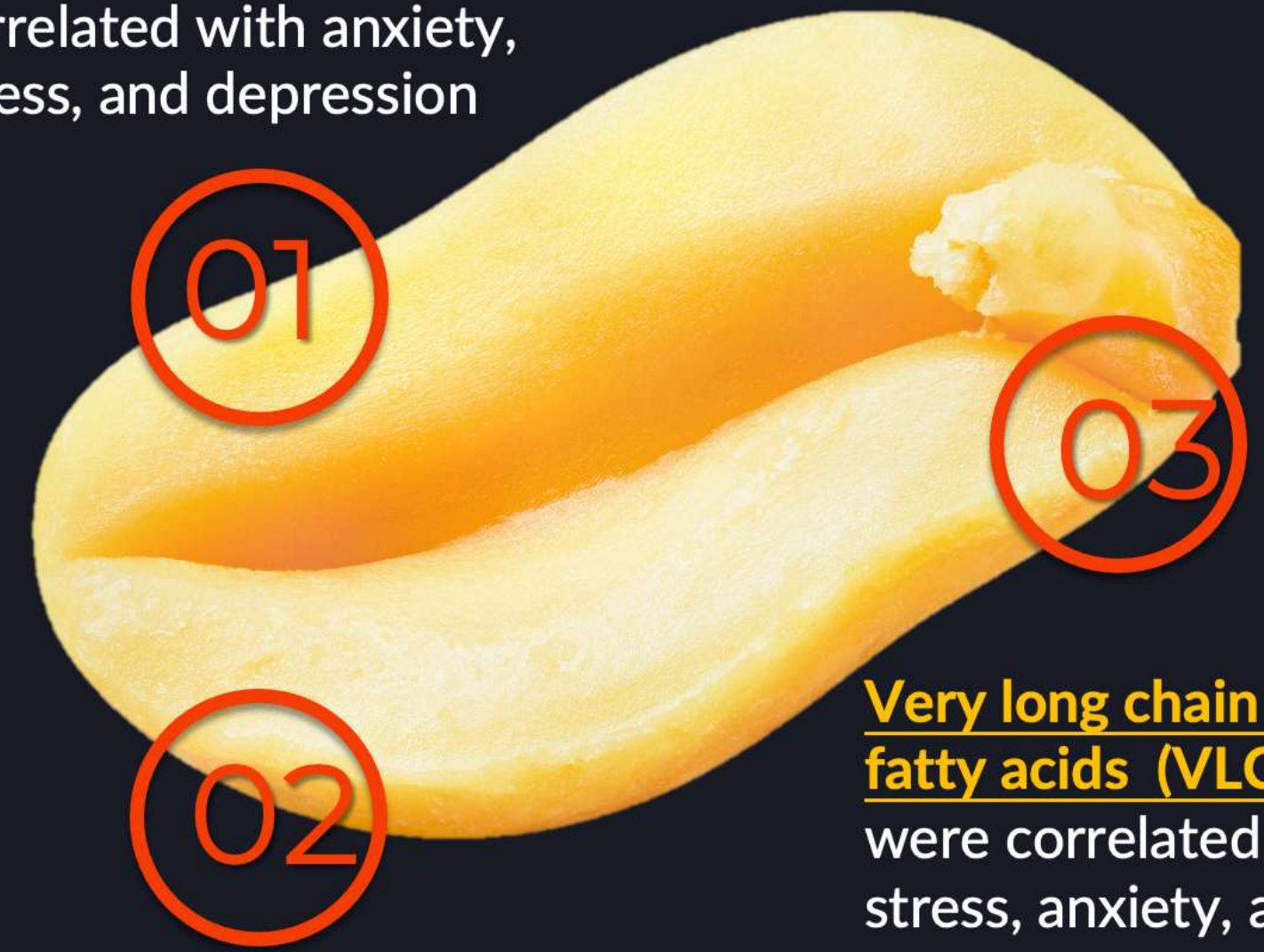


# PEANUT COMPOUNDS



**Figure 3.** Significant Spearman correlations ( $p < 0.05$ ) of memory function (A) and stress response (B) with fecal and plasma VLCSFAs, intake of peanut polyphenols, and total and main SCFAs in feces. The  $r$  coefficient is represented in the horizontal axis. VLCSFAs: very long-chain saturated fatty acids. SCFAs: short-chain fatty acids.

**Peanut polyphenols (p-coumaric acid)** were correlated with anxiety, stress, and depression



**Very long chain saturated fatty acids (VLCSFAs)** were correlated with stress, anxiety, and memory

**Short-chain fatty acids** produced by the gut bacteria were correlated with stress and depression



# Health Digest

>2 million monthly visitors

Nutrition » Dietary Essentials » Food

## The Unexpected Effect Eating Peanut Butter Can Have On Your Stress Levels



Health » Aging

## Eating Peanut Butter As You Age Has Some Major Benefits



BY BETH BRADFORD / MARCH 18, 2024 11:30 AM EST

**\*Based on The Peanut Institute studies\***



# GUT MICROBIOME



**“Peanuts demonstrate the potential to exert a beneficial effect on the gut microbiota for human health [inflammation, metabolic syndrome].”**



# 2023

## MICROBIAL PHENOLIC METABOLITES (MPMS)

Eating peanuts and peanut butter produces specific compounds in the gut that can cross the blood-brain barrier to improve memory and mood.

### Peanuts benefit the gut microbiome.

Within our large intestine live billions of bacteria that not only help digest food, but may also improve body and brain health. The foods we eat can enhance the composition of our gut microbiome, and studies show that eating peanuts can do just that.



**Butyric acid:** fuels new cell growth in the gut and can reduce inflammation.

**Acetic acid:** increases blood flow and motility in the digestive tract as well as aids in nutrient absorption.

**Propionic acid:** helps kill cancer cells in the gut and can reduce cholesterol.

**Resveratrol:** inhibits growth of harmful pathogens among the gut microbiota as well as fights cancer in the gut.



# WEIGHT MANAGEMENT

Peanuts promote **fitness** and  
weight **management**.





2024



Int Jour of Food Sci Nutr  
Med Sci Sports Exerc

**STUDY 1:** Girls and boys aged 12–19 who consumed peanuts, peanut butter, peanut flour, nuts, and seeds were up to **45% less likely to be overweight or obese** than those who didn't.

**STUDY 2:** Athletes who consumed peanuts **gained lean mass but not much fat**, even with eating 500 more calories each day.

Adds to the body of literature that suggests that peanuts can improve muscle quality and growth without causing fat gain.





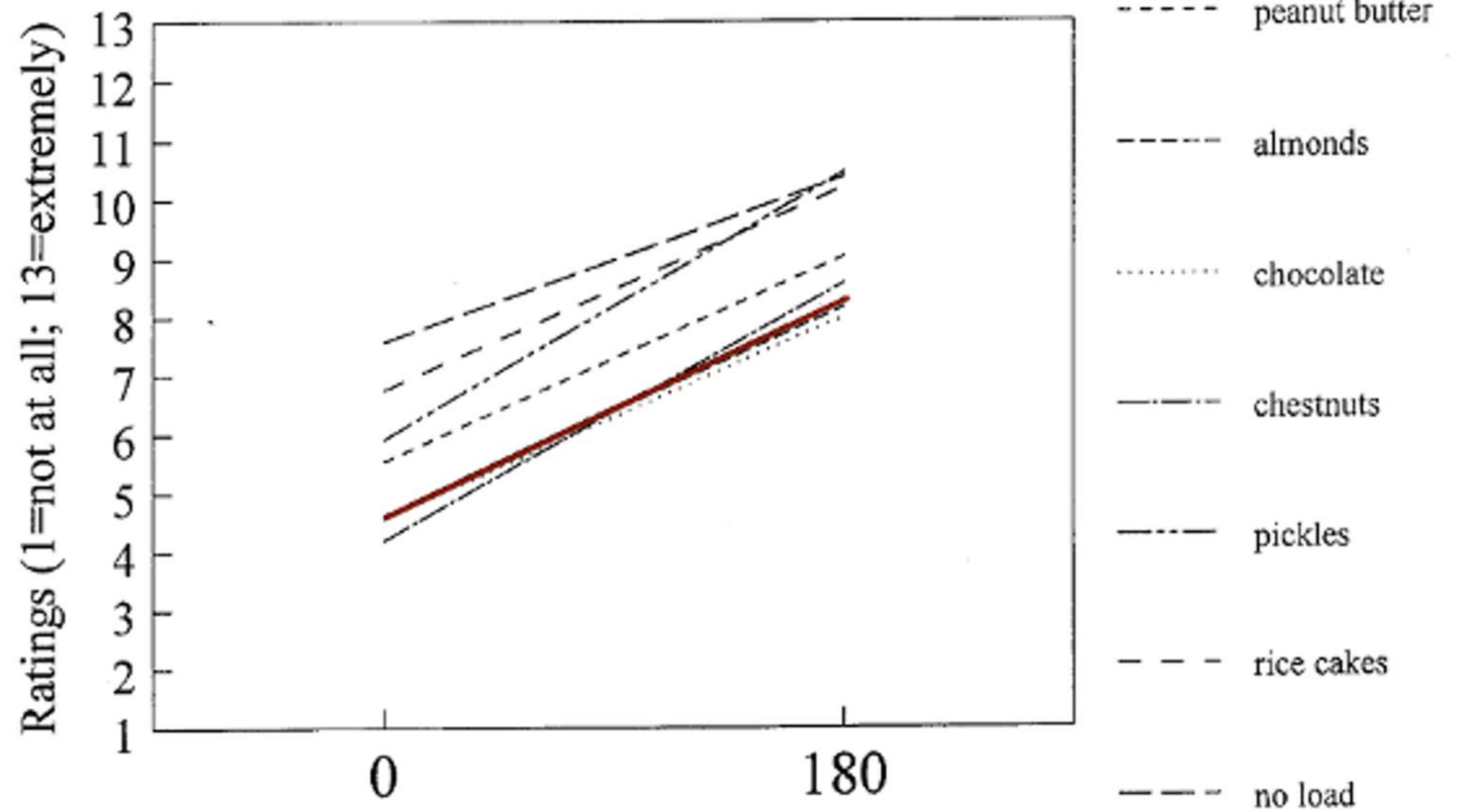


# OBESITY CRISIS

- As of 2024, more than 1 billion people worldwide are now obese.
- Some are turning towards quick-fix methods like Ozempic and Wegovy
- Possible side effects of Ozempic include: nausea/diarrhea, abdominal pain, thyroid cancer, pancreatitis, kidney disease, and gallbladder disease
- Users and intenders of Ozempic skew more toward women and Gen Z adults aged 18-24

Anderer S. One in 8 People Worldwide Are Obese. JAMA. Published online March 15, 2024. doi:10.1001/jama.2024.2073





## PEANUTS & OBESITY

- Modulates similar hormones (GLP-1 and PYY) to **promote satiety**.
- Increases resting energy expenditure (REE) so that we **burn 11% more calories** at rest.
- Promotes caloric loss, so that up to **18% of calories are excreted**.





## Can Peanuts Lead to Weight Gain?

Like other nuts, peanuts have good-for-you mono- and polyunsaturated fats. And just because they contain fat, it doesn't mean they'll lead to weight gain if you're mindful of your portion size. For example, a 1-ounce serving of peanuts (32 nuts) delivers 161 calories, per the [USDA](#), and can fit into a balanced eating plan.

Peanuts might even help with weight loss. In a 2022 study in [Nutrients](#), researchers compared two groups. One group ate a reduced-calorie diet plus 35 grams of peanuts prior to two main meals each day. The other group ate a typical low-fat diet. Both groups had similar amounts of weight loss and similar blood sugar levels after six months. And compared to the low-fat diet group, the peanut-eating group had greater reductions in blood pressure.

Like other nuts, peanuts also contain fiber, which helps make them satiating. That 1-ounce serving of peanuts has about 2.5 g of fiber. And we know that [fiber helps with weight loss](#).

  
**EatingWell.**

>25 million monthly visitors



\*Based on The Peanut  
Institute studies\*





# HEART HEALTH

Our studies consistently show that a dietary pattern with **peanuts as a major plant-based protein source may lower risk of heart disease and stroke.**



# 2023

## HEART HEALTH IN YOUNG PEOPLE

Peanut and peanut butter  
consumption improves vascular health  
in young college students

Parilli-Moser I, Domínguez-López I, Vallverdú-Queralt A, Hurtado-Barroso S, Lamuela-Raventós RM. Urinary Phenolic Metabolites Associated with Peanut Consumption May Have a Beneficial Impact on Vascular Health Biomarkers. Antioxidants. 2023



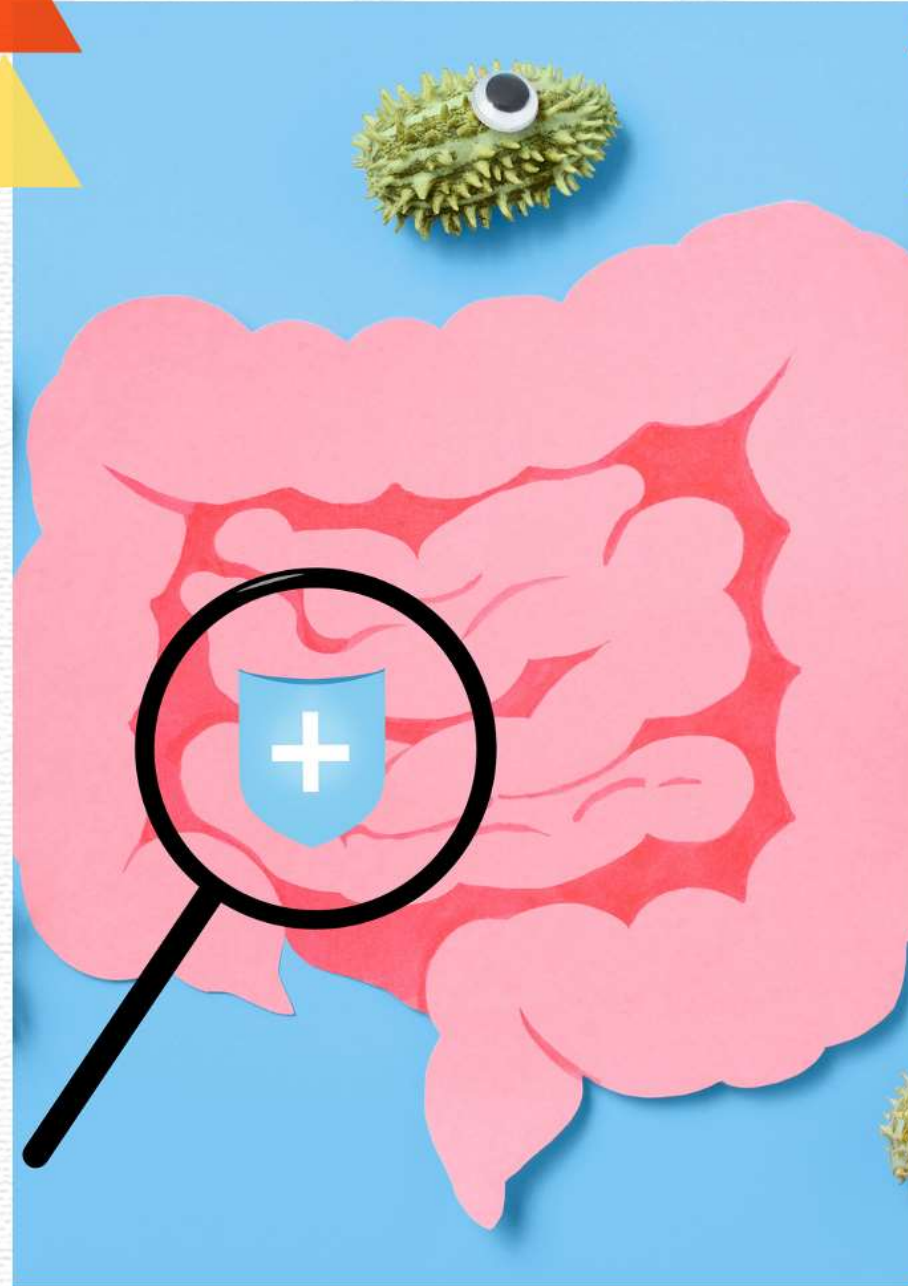
Brazilian gospel singer Pedro Henrique, 30, dies on stage during massive heart attack



# 2023-2024 RESEARCH



**BRAIN HEALTH**



**GUT MICROBIOME**



**WEIGHT MANAGEMENT**



**HEART HEALTH**



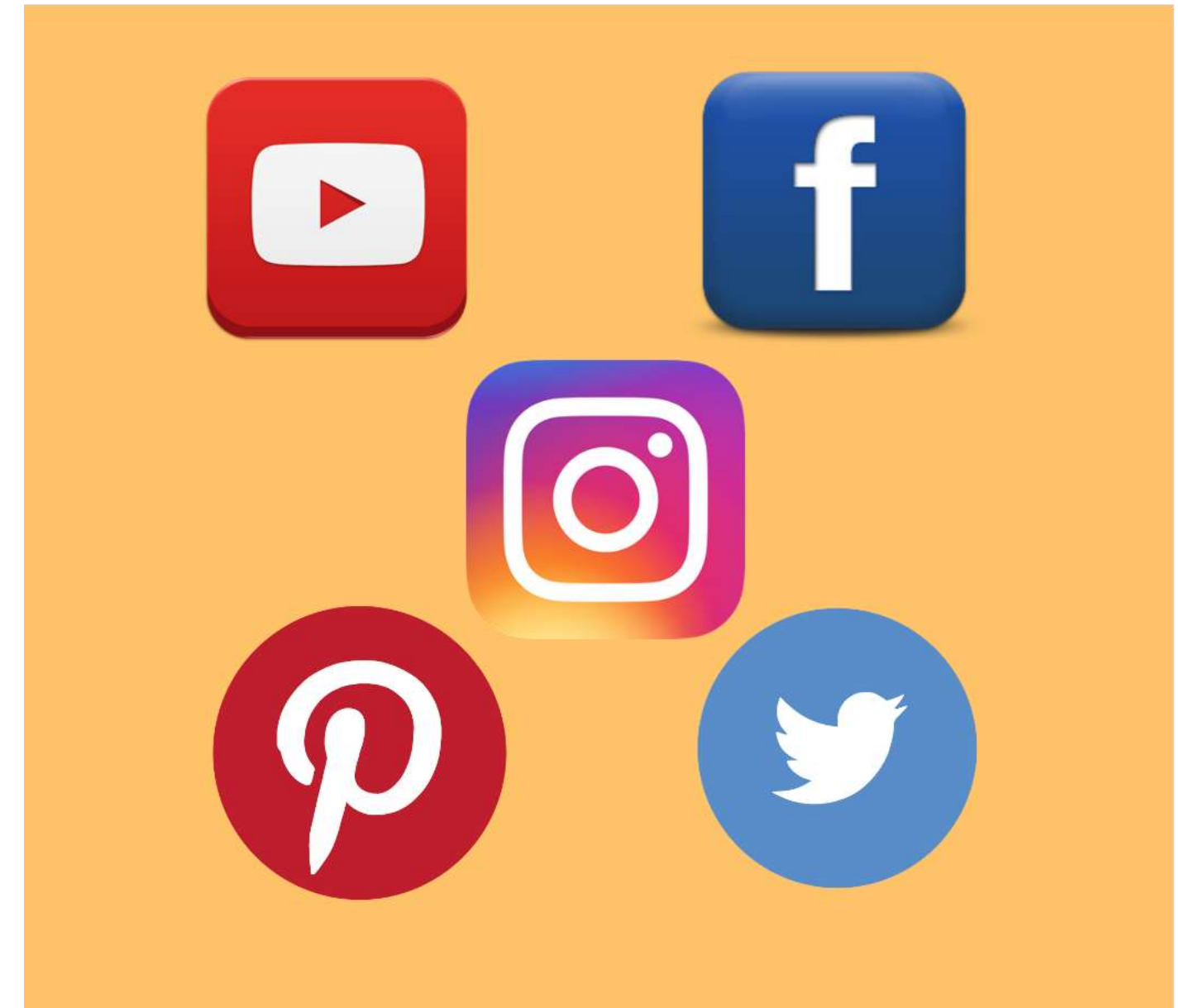
A smoothie in a glass, surrounded by bananas and nuts on a wooden surface. The smoothie is a light brown color, and the background is a warm, wooden texture.

**98** proposals

**OUR 2024 GRANT  
PROCESS IS ONGOING**

\$25 million requested across 27 countries





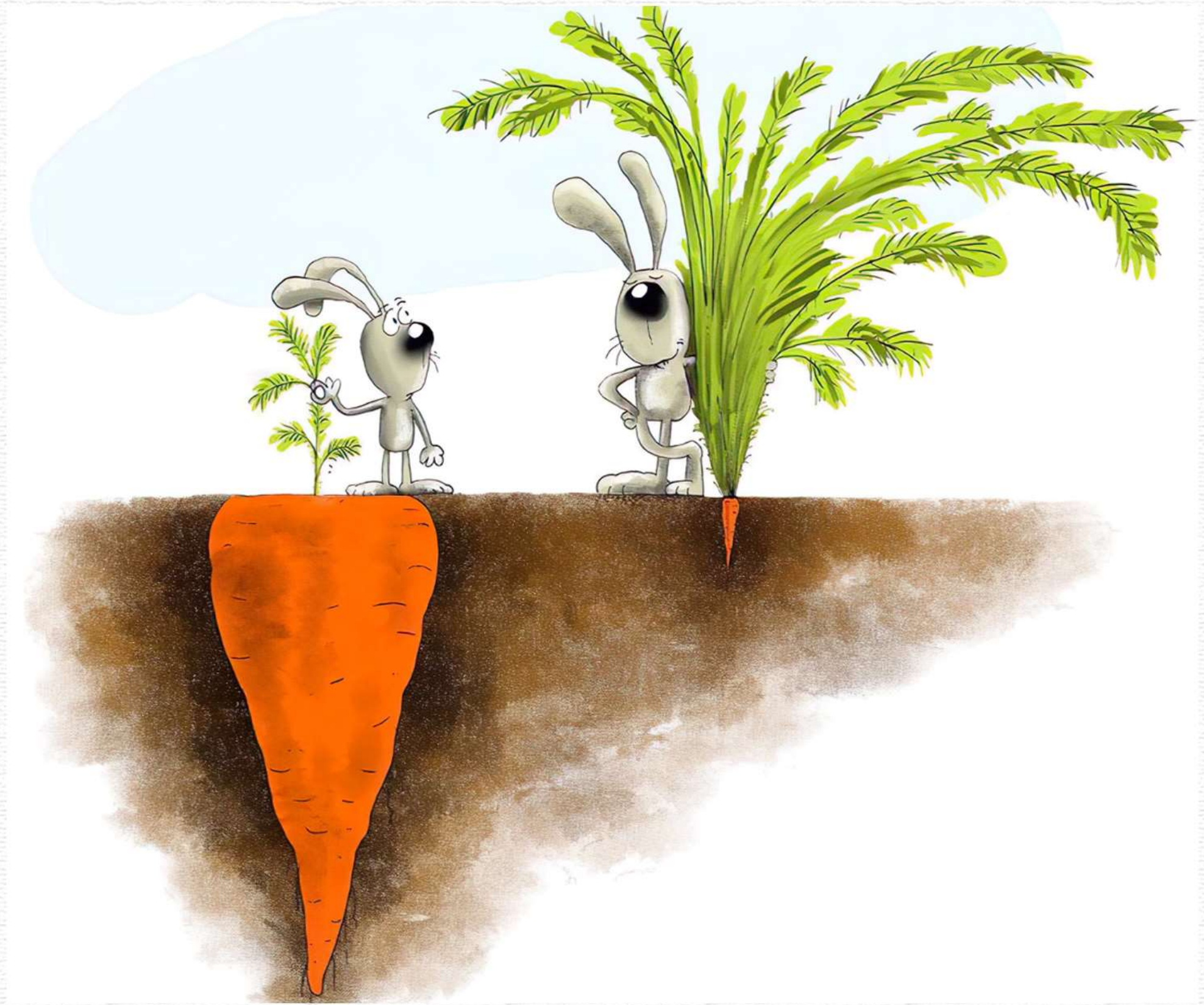
[www.peanutinstitute.com](http://www.peanutinstitute.com)



# LEADERS OF HEALTH INTO THE FUTURE

Our industry is well poised to help lead the health journey into the future.

As we continue to provide evidence-based nutrition information that is relevant, rigorous, and transparent, we are building on a foundation in the present to help meet us the biggest health needs of tomorrow.



**“IT IS NOT THE BEAUTY OF A BUILDING YOU SHOULD  
LOOK AT; ITS THE CONSTRUCTION OF THE  
FOUNDATION THAT WILL STAND THE TEST OF TIME.” –  
DAVID ALLAN COE**



thank  
you

**FOR YOUR ATTENTION AND SUPPORT!**