



OBESITY

Obesity is one of America's greatest health challenges. About 68 percent of American adults are overweight and almost 40 percent are obese. Even children and adolescents are facing the same trend. 17 percent of children and adolescents are obese, with Mexican-American boys being the highest group at almost 27 percent obese. Several national initiatives are in place to address this epidemic to encourage Americans to engage in a healthful lifestyle through proper nutrition and physical activities.

The American peanut industry recognizes that obesity is a major public health problem around the world. The Peanut Institute has a strong research program that has shown that peanuts and peanut products can be part of a healthful diet pattern. The effect of peanuts on reducing obesity rates are especially seen when peanuts and their products are consumed in small amounts, daily. One serving of peanuts is a small handful, and one serving of peanut butter is two tablespoons. Peanuts and peanut butter are calorie dense, but they are also nutrient dense with folate, fiber, vitamin E, magnesium, protein, healthful unsaturated fat, among many other nutrients.

Research has shown that peanuts and peanut butter can help to satisfy hunger, manage weight, and help reduce the effects of obesity-related chronic diseases. People on a weight-loss program are able to stick to that program for a longer period of time when peanuts and peanut butter were included. They were also found to keep the weight that they did lose off for a longer period of time. Research looking at childhood obesity shows that children can benefit from eating peanuts and peanut butter as daily snacks. These children were found to have better weights and were able to maintain their weight for two years after their weight loss intervention. They also had less obesity-related risks such as elevated cholesterol levels. Peanut oil has also been shown to significantly lower cholesterol and is an excellent trans-free alternative

The peanut industry supports a balanced healthy diet and lifestyle, with small amounts of peanuts, peanut butter, and peanut oil eaten daily.

For more information on nutrition research, go to www.peanut-institute.org

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