The USA Peanut Congress was held in Charleston, SC with a large turnout of industry members. The meeting would not be possible without the generous support of our sponsors including our Platinum Sponsor – Golden Peanut and Tree Nuts, and our Gold Sponsors Bayer CropScience, Hormel, J.M. Smucker, and LMC.

Jimmy Dorsett, Chairman of the American Peanut Shellers Association, kicked off the first general business session. Our first speaker was Mike Guanella, Senior Brand Manager at Hormel Foods responsible for Skippy® Peanut Butter. He led the integration of the Skippy® Brand in 2013, the largest acquisition in the history of Hormel Foods. He provided an overview of the Skippy promotion campaign and talked about the recent acquisition of Justin’s where he will be the new COO.

Pat Kearney, President and CEO of PMK Associates and Program Manager for the Peanut Institute provided attendees with updates on lots of exciting new health and nutrition research. As part of that topic, she introduced Dr. Vasanti Malik of the department of Nutrition at the Harvard School of Public Health. Dr. Malik talked about the dramatic results of adding peanuts and other vegetable protein to the diet to avoid the risk of diabetes, among other research findings.

Kris Balkcum, Research Associate at Auburn’s Wiregrass Research and Extension Center, gave a state by state crop update. Generally, there were good conditions to the start of the crop, and most people seemed to be satisfied with how the crop looked and the yield potential.

Otis Johnson, Chairman of the American Peanut Council, moderated the general session on the second day. Bob Parker, President & CEO of the National Peanut Board gave an overview of the many activities underway to promote U.S. peanuts. His remarks included the Board’s exciting new marketing strategy of targeting millennials and new and very promising peanut allergy research including the LEAP, LEAP-On, and EAT studies.
PreA Awarded to Dr. Bob Kemerait

Each year the American Peanut Council and The Peanut Foundation present the Peanut Research & Education Award. Bayer CropScience generously sponsors the award. At the USA Peanut Congress in Charleston, Dr. Bob Kemerait was the 54th recipient of the prestigious research award. Victor Nwosu of Mars Chocolate North America and Chairman of The Peanut Foundation introduced Alan Ayers of Bayer CropScience who presented Bob with the plaque.

Dr. Kemerait has been an Extension Plant Pathologist at the University of Georgia since 2000. He has responsibility for several crops including peanut. Anyone working with Bob would agree that he conducts his assigned duties with expertise, dedication and passion. He has the ability to make those with no plant pathology knowledge understand the importance of diseases and the strategies to control them. If you’ve ever had the great pleasure to hear one of Dr. Kemerait’s presentations to producers, it only takes a couple of minutes to realize how deeply he cares that they have the best and most accurate information to be successful. Dr. Kemerait has been a driving force in the continued evolution and adoption of the Peanut Disease Risk Index. He has been the catalyst behind the transition of the former TSWV Risk Index into a comprehensive Peanut Disease Risk Index that takes into account the interaction of multiple disease problems and their impact on peanut profitability. Dr. Kemerait’s research is relevant and timely and his delivery of information is accurate and unbiased. Among his many responsibilities, he considers training county Extension agents to be his most important. We congratulate Bob and thank him for all he has done for our industry.
The American Peanut Shellers Association presented a Lifetime Achievement Award to Krysta Harden, Vice President of Public Policy & Chief Sustainability Officer for DuPont and former Deputy Secretary of the U.S. Department of Agriculture, at this year’s U.S. Peanut Congress in Charleston, South Carolina. Ms. Harden is presently responsible for leading DuPont’s public policy and government affairs strategies, as well as its sustainability, philanthropy, product stewardship and global regulatory activities. During her tenure at USDA, she shaped food and agriculture policy, including leading the implementation of the 2014 Farm Bill.

Throughout her career, Ms. Harden focused on expanding opportunity for women, young people, immigrants, socially disadvantaged producers, returning veterans and retirees. Prior to her service as Deputy Secretary, Ms. Harden held USDA leadership positions as chief of staff to the secretary of agriculture, Tom Vilsack, and assistant secretary for Congressional Relations. Preceding her service at USDA, Ms. Harden spent five years as CEO of the National Association of Conservation Districts, providing national leadership for natural resource conservation and representing thousands of conservation districts across the nation.

In addition to serving as CEO of the National Association of Conservation Districts, she also has served as senior vice president of Gordley Associates, where she concentrated on conservation and renewable energy issues for the American Soybean Association. Harden also served 12 years on Capitol Hill, as staff director for the House subcommittee on peanuts and tobacco and as chief of staff and press secretary for former Congressman Charles Hatcher.
RUTH MOORE INDUCTED INTO PEANUT HALL OF FAME

The American Peanut Council “Peanut Hall of Fame” represents one of the highest honors one may receive in the U.S. peanut industry. This award is not necessarily bestowed every year.

This year, a very deserving industry figure was awarded the honor posthumously. Ruth Moore was president of J.R. James Brokerage and a pioneer in the U.S. peanut industry. The fact that she was a woman at that time in our industry’s history made her success all the more remarkable. She served on and chaired many committees of the APC and served many years on the Board of Directors, even serving as its Chairperson, the first woman ever to do so.

Ruth Mason James was born in 1917 in Richmond, VA. Ruth was determined to be successful and became the first person in her family to achieve a college education. She became a school teacher and married a peanut grower from Southampton County, VA in 1940, her first introduction to the world of peanuts. She taught school and worked after school as a bookkeeper for her father, Judson Rowell James, founder of J R James Brokerage Company. Her father, J.R. James passed away in 1951. With three children by then to raise along with her ill sister’s two children and taking care of her sister, Ruth Moore demonstrated the same strength that would serve her so well in the business world. Ruth soon decided to follow her father into the peanut brokerage business with encouragement from other brokers.

In 1972, she decided to expand her brokerage business into the SE peanut belt where she could see the industry shifting and growing. Ruth and her son Walter Britt also built a commercial cold storage for peanuts in the SE. In 1975, her son Jim Moore joined the firm. Her last endeavor was to build a cold storage and dry storage in Virginia to store peanuts for manufacturers who made Jif and Skippy. Her contributions to both the Council and the industry at large were numerous and long lasting.

After a long and successful career in peanuts spanning almost 40 years, Ruth Moore retired from J R James in 1985 and passed away in 1987. Jim Moore accepted the award on behalf of his Mother with the whole family looking on.

The Moore family accepting the American Peanut Council’s Hall of Fame award on behalf of the late Ruth James Moore.
**U.S. PEANUT EXPORT GROWTH**

Since the excellent crop in 2012 and the higher seed yields we are seeing from the excellent new varieties being released, the U.S. crop has grown in size and quality which has made U.S. peanuts more competitive in the world market with sufficient supplies for large export increases. The U.S. peanut market is mature, with already high per capita consumption rates, though even domestically, sales have been growing. Future growth for U.S. peanut farmers lies in the export market with particular opportunities in rising and growing Asian societies and economies. The U.S. peanut industry has aggressively sought to take advantage of these new export opportunities.

**U.S. Peanut Industry Builds Successful Trade Relationships with Chinese Buyers**

Until very recently, China has been the world’s largest exporter of peanuts. In 2015, the American Peanut Council took a trade team to visit various Chinese peanut manufacturing which began a new relationship with Chinese buyers. The U.S. peanut industry contracted with an in-country representative in Beijing in April 2016 who has already met more than 75 Chinese industry members and is recruiting buyers for an upcoming reverse trade mission to Georgia. A Chinese speaking in-country representative has assisted with accelerating U.S.-China trade significantly.

By May of 2016, 143,334 Metric Tons (MT) of peanuts and peanut products had been shipped to the region defined as “China” (China, Vietnam – where peanuts are transshipped into China, Hong Kong and Taiwan). These exports represent a value of $142,764,932, a 727% increase over the same period in 2015; when 17,332 MT with a value of $19,900,091 were shipped.

**Canada Continues to Show Steady Growth**

Until China’s emergence in 2016 as the U.S. peanut industry’s largest export market, Canada held that position for many years. The U.S. peanut industry has had a strong presence in the market and has been able to not only increase exports to Canada but build Canadian peanut and peanut butter consumption levels, which are even higher than the U.S. on a per capita basis. Growth continues to exceed that of mature market products. So far for the first five months in 2016, exports to Canada have grown from 41,983 metric tons to 46,060 metric tons, a 10% increase over the same period last year. This represents a sales value of $71,053,607.

**Explosive Growth in Mexican Market**

Using USDA/FAS export promotion funds, the U.S. peanut industry began exploring the Mexican market in the early 1990’s when exports to that country were only a couple of thousand metric tons per year. Steady promotion and trade relationship building in the market have reaped huge dividends. Exports to Mexico are up again this year. For the first five months of 2016, exports are up 18% from 37,189 MT to 43,899 MT with a value of $53,958,413.

**Other Markets**

Other identified key markets are also showing growth, including Japan where exports are up almost 54% to a value of $12,267,819 so far this year. Colombia, a market where we just began targeting 3 years ago, has shown growth from just 671 MT for January through May in 2014 to 2,195 MT so far this year. Total worldwide exports of U.S. peanuts are up 66% so far in 2016, pointing to another excellent year for our industry.

**Export Volume - January to May 2016**

Blue = January - May 2016  
Measured in Metric Tons for all products exported (kernels, insheells, blanched, processed peanuts and peanut butter)

Developed in partnership with The American Farm Bureau Foundation for Agriculture, and part of the My American Farm educational gaming platform, Operation Peanut Butter promotes math, geography and social science skills while reinforcing key peanut messages in an engaging and entertaining digital format. The Operation Peanut Butter game coordinates with the “Discover the Powerful Peanut” lesson plan activity cards, released last year by the peanut industry.

In the new interactive game, players will follow peanuts from the field to the peanut butter on their sandwiches. Young learners identify key peanut growing states, “plant” and “harvest” a field and learn how much protein is in their peanut butter. After playing the game, students visit an online food bank database and challenge friends to join them in donating a jar of peanut butter to their local food bank.

“Students learn how their food is grown and how it gets from farm to table,” said Cathy Johnson, marketing and communications associate at National Peanut Board. “Also, this game shows peanut butter’s value to community food banks because of its protein content and long shelf life.”

Along with the game, a 60-minute standards-aligned lesson plan will give teachers a resource to teach students about the role peanuts play in the nitrogen cycle. A printable activity sheet helps students test their knowledge of the nitrogen cycle.

The Operation Peanut Butter game, lesson plan and activity sheet are available at www.myamericanfarm.org.

We offer the FSPCA “standardized curriculum” recognized by FDA. Successfully completing this course is one way to meet the requirements for a “preventive controls qualified individual.”

For course and registration information contact us at Sales@deibellabs.com
In order to support the research endorsed by the U.S. peanut industry, The Peanut Foundation must work with USDA, numerous universities and even some private companies. Behind the scenes, there must be research contracts that spell out the conditions of the funding arrangement. We are continuously working with research providers to make sure the contracts are acceptable to both parties and there is a common expectation of results. Our 2016 agreements are in place and research is underway. We will be asking for 2017 research proposals in October and the resulting contracts will be the last of the 5-year funding commitment for the Peanut Genome Initiative.

By the time you read this, we will be releasing the Annual PGI Progress Report for the fourth year of that 5-year program. I hope you take the time to read it. Most of the report is very technical, but there is an executive summary written in layman’s terms. It summarizes very well the amazing progress to date. It is clear that the generous commitment of the industry to the PGI is on track to deliver even more than promised.

Many of the PGI researchers met at the recent APRES conference in Clearwater, FL. As usual, the group collaborated very well. This group has been extraordinarily cooperative in sharing data and planning future research. The Foundation also sponsored a Seed Summit at APRES where peanut breeders shared information on their recent releases and all segments of the industry were given the opportunity to provide feedback about the direction of breeding programs.

I honestly believe that quality research is the reason the U.S. peanut industry is in such an enviable position in the world market today. Your continued support of research, through the Foundation or other entities, will keep us there.

eTDE

All major functions of eTDE are working successfully with over 800,000 documents uploaded to date. Discussions were held with Georgia FSIS at the USA Peanut Congress to give local inspectors the ability to upload grade certificates directly to eTDE. We will keep everyone updated as the change is made.

Discussions are continuing with AMS and FAS in regard to Canada, Mexico and the EU starting to accept electronic documents. The EU has also approved new legislation going into effect on May 1 requiring all documents for imports be electronic. All the ports have 3 years to comply. A letter is being circulated to all the commodities using eTDE to ask the Under Secretary of Agriculture to begin discussion on this single portal and whether to use eTDE or built another portal.

The eTDE Taskforce met with the Totebag Taskforce in June in Charleston. The meeting discussed centered on how to get more people using the data that is already on eTDE.

The Tote Bag Task Force met in June in Charleston and heard a report about research by Chris Butts on recommendations for U.S. cold storage. He also presented the information at APRES in July and expects to have it published in the fall.

A discussion was held at the meeting in Charleston about expanding or redirecting the scope of this task force and the eTDE task force. Several new areas have been identified and many in the group felt a more appropriate name for the combined task force may be the packaging and handling task force. The group at the meeting agreed to the change.

Anyone needing copies of the latest tote bag specifications should contact Howard Valentine (hvalentine@peanutsusa.com) or Christina Taylor (ctaylor@peanutsusa.com).
The Peanut Butter for the Hungry Task Force met this June at the 2016 U.S. Peanut Congress in Charleston, South Carolina.

George Birdsong, CEO Birdsong Peanuts and Task Force Chairperson, reported on the collaboration with Operation Smile to begin using ready-to-use therapeutic foods (RUTF’s) to help impoverished children in need of life-changing surgeries for cleft lip, cleft palate and other facial deformities become healthy enough to undergo their procedures. Mr. Birdsong suggested this approach to Operation Smile and, after an overwhelmingly positive study conducted by researchers from UCLA and USC, Operation Smile is starting a pilot program to supply RUTF on their missions in Ghana, the Democratic Republic of the Congo, the Philippines and Guatemala. The reception to this approach was so enthusiastic when Mr. Birdsong addressed the 550 people from 42 different countries at Operation Smile’s annual meeting in June, he received a standing ovation. He also received many inquiries about how to procure RUTF’s and was also contacted by LifeNet, a non-profit organ transplant organization, about how RUTF’s could help their patients.

The Task Force also heard from Gregg Grimsley, President of Peanut Proud, who reported on the Peanut Proud Festival as well as humanitarian efforts for 2016. The 9th Annual Peanut Proud Festival, held March 19, was a tremendous success with free entertainment, including a concert by Tracy Lawrence, over 100 vendors, parade with over 100 entries and over 10,000 in attendance. Mr. Grimsley reported that the Peanut Proud Festival, though now a separate entity from Peanut Proud Inc, and organized by community members, takes every opportunity to help promote peanuts and Peanut Proud Humanitarian effort. Peanut Proud, Inc. the humanitarian organization supported mostly by industry donations, was able to donate 60,000 jars of peanut butter to food assistance facilities through the first half of 2016 and is scheduled to donate another 60,000 during the rest of the year. Peanut Proud also donated 27,000 jars of peanut butter to disaster relief efforts in Louisiana in March and are prepared for more donations should disaster strike again.

Darlene Cowart, Birdsong Peanuts, spoke to the Task Force about this year’s Peanut Proud Scholarship winner, Soon Kiat Lau. Kiat is a PhD student in the...
Department of Food Science at the University of Nebraska-Lincoln. His research focuses on using radiofrequency and microwave heating to pasteurize food products, mainly peanut butter. The Peanut Proud scholarship is awarded annually to a graduate student studying food science or safety and allows deserving recipients to attend the International Association for Food Protection Annual Meeting, to learn about the latest food safety issues and connect with other industry, academic and governmental food safety professionals.

Stephanie Grunenfelder, Senior Vice President of the American Peanut Council (APC), addressed the task force about the USDA funded Emerging Markets Program (EMP) in Haiti. Together with Edesia and Meds and Food for Kids (MFK), APC received USDA/EMP funds to analyze the consumer snack food market in Haiti to determine if there was an opportunity to sell peanut-based ready-to-use supplemental (RUSF) products commercially. The first step of the project was to conduct focus groups of parents and school children, to see if there was interest and/or opportunity for these nutritionally enhanced foods to be sold to school children. Haitians, it was discovered, do not necessarily follow the same three-meal-a-day pattern as is typical in the United States. Instead, they buy snacks during school and are often sent to school with money to do so. The focus groups indicated that students might buy peanut-based RUSF if they were priced appropriately. As part of the project, a report to assist APC and MFK understand the marketplace and how such a product might be made available for sale was prepared. In January of 2016, Ms. Grunenfelder and APC consultant Chris Goldthwait traveled to Haiti to observe MFK’s operation and understand how peanut-based foods are utilized. They saw a feeding clinic, a pediatric hospital, visited peanut farming operations and toured the RUTF and RUSF factory in Cap Haitian.

The meeting concluded with discussion of next steps for Peanut Butter for the Hungry, including creation of a “Hold Your Own Peanut Butter Drive” kit, stronger implementation of the PB4H website to drive donations and continued cooperation with current partners.

NEW MEMBERS

OMNITRADE HANDELSGESELLSCHAFT MBH

OMNITRADE was founded 1992 as a pure trading company handling pistachios, inshell peanuts, cashews and other Dried Fruits and Nuts.

Today the OMNITRADE group (OMNITRADE, EUROFOOD, MAXTRADE) has converted into a trading and processing company handling more than 25,000 mt annually of various nut products, serving the European Industry and discount and retail trade.

Our main products today are inshell peanuts, inshell pistachios and pistachio kernels, cashews, almonds, inshell walnuts, macadamia kernels and some dried fruits like figs and dates.

We have roasting and packing capacities and focus on private label products for the European retail trade.

Our annual turnover is more than 220 Mill EURO.

JOHN PAC

JOHN PAC, INC.

JohnPac, Inc. has been in business over 50 years based in Crowley, LA. We are a USA manufacturer of woven polypropylene bags and we extrude and weave our fabrics. We manufacture FIBCs, BOPP bags and regular small woven bags. We also are a sizable industrial packaging distributor for corrugated products, stretch film, pails, dunnage, PE sheeting and more. You can view all of our products at www.johnpac.com.
MEMBER SPOTLIGHT: An interview with Gael Orr, Communications Manager, Once Again Nut Butter.

ONCE AGAIN NUT BUTTER

How did “Once Again Nut Butter” get its name? Did this name come from the early days when the company was founded in 1976?

Our founders, Jeremy Thaler and Constance Potter, had started other worker-owned businesses and so when they started our company, they were “Once Again” starting another company.

Can you explain how the founders went into the nut butter business? Was that the original idea when establishing the co-op?

They were asked to make an old fashioned peanut butter by a local museum, and they had owned a bakery business. Using a coffee roaster to roast peanuts, they discovered a good opportunity for a new business. Production began in a small, 800 square foot space in their basement. Jeremy arranged to use the discarded bulk pails from a local bakery to pack bulk nut butter.

Your company is unique in that it is employee-owned and dedicated to sustainable farming practices, do all employees have a voice in how you source your products and develop strategies for growth? Can you explain and provide an example?

Our employees have a voice in nearly everything we do. We have three employees who sit on our board of directors. In addition, we have committees that all employees are invited to join, as is the case with our new product innovation team, our green team, our governance teams, etc. Most notably we also have an Honest in Trade committee that works on our commodities sourcing and auditing practices to insure that people within our supply chain are treated ethically and that our commodities are also grown sustainably. We also vote on major decisions, such as the investment in our new peanut butter facility we just constructed.

How did your team pioneer the development of organic peanut growing standards? Do you source organic peanuts only in the U.S.? If not, which other countries provide your organic peanuts?

We source peanuts from the USA, Argentina, and Nicaragua. A couple of years ago, we had asked our sesame co-ops in Nicaragua to grow test plots of organic peanuts, and now we source from our farmers there.

How did your company get involved in farming co-ops in Nicaragua, such as the Jubilee House? Do you have other programs where you give back to the communities?

The Jubilee House actually contacted us decades ago. They asked if we would give an opportunity to Nicaraguans to grow sesame seeds for us. So we put in four acres of test plots. Today that work has developed into 2,000 farmers represented by 13 worker-co-ops. We have engaged in ongoing micro-lending initiatives to assist farmers with their crops. Part of what we did in the USA in organic peanut growing standards, was to subsidize the crops for the first five years. We have a long history of supporting farmers and sharing the risk in crop development. We are currently in the process of working with Cornell University in the production of organic sunflower growing in New York State. It’s a commodity that we can potentially grow locally. So we are testing soil conditions, environmental impact, yields, etc.

Where can consumers buy your products? What countries outside of the U.S. carry your nut butters?

Our products are found online, they are available in health food stores and co-op grocery stores and.
PEANUTS AND OTHER NUTS HELP COMBAT OBESITY – WHAT DIETARY GUIDELINES SAY

So-called “developed countries” – and increasingly affluent groups in “developing” ones – are living in “obesogenic environments” characterised by sub-optimal nutrition (consuming too many of the wrong kind of calories, e.g., refined carbohydrates, sugars, and not enough of the right kind of foods, e.g., plant protein, fiber, micronutrients like magnesium). Inadequate regular physical activity compounds the problem. One huge consequence is a rising trend of overweight in children and young people and the higher risks of later obesity and compromised health which this brings. The personal and societal costs are staggering.

To combat this, better nutritional choices - which need to be affordable, simple and easy to make by families - should be identified and promoted. That’s where nuts come in. The evidence shows that choosing nuts and nut butters is part of a positive approach to healthy weight management: “Nuts (tree nuts and peanuts) are nutrient dense foods with complex matrices rich in unsaturated fatty and other bioactive compounds: high-quality vegetable protein, fiber, minerals, tocopherols, phytosterols, and phenolic compounds. By virtue of their unique composition, nuts are likely to beneficially impact health outcomes. … Contrary to expectations, epidemiologic studies and clinical trials suggest that regular nut consumption is unlikely to contribute to obesity and may even help in weight loss.” [Ros, E., 2010 “Health Benefits of Nut Consumption”. Nutrients, 2: 652-682.]

For this article, I’ve pulled out some statements from recent dietary guidelines in developed countries showing a broad consensus on the role of peanuts and nuts as part of a “prudent” eating pattern. As nutrition recommendations adopted by the Scandinavian countries make clear, “There is clear evidence to conclude that fiber-rich foods (e.g., whole grains, vegetables, fruits, berries, legumes, nuts, and seeds), and perhaps also dairy products, are associated with reduced weight gain.”
In terms of practical nutrition, peanuts and tree nuts together with nut butters and pastes made from them are a coherent group of plant foods. It is generally acknowledged that consuming more plant-based foods is desirable because of their health promoting and disease-reducing potential. The advice from Scandinavia spells out why we should do this: "Plant foods such as vegetables, fruits and berries, nuts and seeds, and whole-grain cereals are rich in dietary fiber, micronutrients, and potential bioactive constituents. There is strong scientific evidence that natural fiber-rich plant foods contribute to decreased risk of diseases such as hypertension, cardiovascular diseases, type-2 diabetes, and some forms of cancer."

Better eating behaviour needs to start at home and be reinforced in schools. As a positive example, the 2013 School Food Plan for England, written independently and adopted by government, recommends that nuts including peanuts are regularly available in two ways in schools.

- as part of "other non-dairy, iron-rich sources of protein, such as eggs, beans, pulses, soya products and nuts and seeds [which] should be provided as a protein option every day for non-meat eaters and at least twice a week for all children."
- as snacks outside meal times, along with seeds, fruit and vegetables that do not have added fat, salt or sugar.

Nutrition Australia published school snack standards in 2014. These state: "Nuts are natural power-packs of nutrients like vitamins, minerals, antioxidants, healthy fats, protein and fiber, which help children grow, develop and learn. Examples of nuts include almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. Peanuts are technically a legume, but they are commonly referred to as a nut as they have a similar nutritional composition. As for nuts in schools, this is encouraged, because "Plain or dry-roasted nuts are rated GREEN according to the National Healthy School Canteens Guidelines, which means they are a nutritious foods that should be on the canteen menu every day."

Underpinning these recommendations is recent clinical evidence that school-based programs which encourage pre-teenagers at risk of weight problems to consume peanuts and peanut butter snacks, substituting for less healthy snacks, can contribute to weight management and improve overall dietary quality, in particular significantly higher intakes of vitamin E and magnesium and consumption of more servings of vegetables than non-peanut eaters.

The Dietary Guidelines for Americans dictate the design and implementation of many food and nutrition programs including the USDA’s National School Lunch Program and School Breakfast Program, which feed more than 30 million children each school day. The most recent US dietary recommendations highlight foods like nuts and nut butters because they are high protein packages that include healthy fats and nutrients like dietary fiber, potassium, folate, vitamin
E, thiamin (B1), and magnesium. The rationale is that nutrient dense foods such as peanuts and other nuts help maintain good nutrition and calorie balance. These recommendations acknowledge research showing that frequent peanut and tree nut eaters do not gain weight when following a healthy diet and replacing less healthy fats and snacks with nuts.

The Dutch government in its 2015 dietary recommendations concluded that the benefits from peanut and nut consumption were so obvious, that the population simply needed to eat more nuts every day. Their guidelines said: "higher consumption recommended: Eat at least 15g unsalted nuts – including peanuts – daily for adults". [www.gezondheidraad.nl/sites/default/files/201524edutch_dietary_guidelines_2015.pdf ]

Even a casual glance at the media will reveal that “diet wars” are raging in many places. There is mounting – some would say long overdue – scientific pressure on the policy formulators of nutritional guidelines around the world to move away from a traditional focus on individual nutrients - total fat content in particular and highlighting factors such as cholesterol - towards considering the overall nutrient quality of foods and the contribution they can make as part of a healthy overall eating pattern that reduces disease and obesity risks. Peanuts are ideally placed to reap the benefits of such policy shifts. They are already well established in dietary guidelines as part of the health benefits of nuts generally. In future, their contribution not only to overall nutritional quality but also to curtailing the epidemic of overweight and obesity can only become more prominent.