THE PEANUT VISION
Sustainable, Nutritious, Global Food Source

PEANUTVISION.ORG
Peanuts are one of the most sustainable, nutritious food sources available.

**Peanuts are positioned to meet the challenges of a growing world.**
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**Peanuts are positioned to meet the challenges of a growing world.**
ENVIRONMENT
Peanut farmers are making continuous improvements in water conservation, chemical reduction and farmland development.

As a nitrogen-fixing plant, peanuts are naturally sustainable rotation crops.

Peanut roots replenish the essential nitrogen in soil that’s depleted by other crops.

This means farmers need less fertilizer to grow peanuts and the next season’s crop, like cotton.

SUSTAINABILITY

Water Use
Peanuts use less water than comparable sources of nutrition.

Chemical Use
Peanuts are hardy, nitrogen-fixing plants, meaning they need less fertilizer and pesticides.

Resource Use
Less water, fertilizers and pesticides mean that peanut production has a reduced carbon footprint.
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WATER EFFICIENCY

85 percent of the world’s supply of fresh water goes to agriculture.
(Source: Unesco)

WATER USAGE AMONG POPULAR NUT VARIETIES (GALLONS PER OUNCE)

<table>
<thead>
<tr>
<th>Nut</th>
<th>Water Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>80</td>
</tr>
<tr>
<td>Walnuts</td>
<td>70</td>
</tr>
<tr>
<td>Pistachios</td>
<td>50</td>
</tr>
<tr>
<td>Peanuts</td>
<td>30</td>
</tr>
</tbody>
</table>

Peanuts are far more water efficient than other nuts.
The minority of U.S.-grown peanuts are irrigated (35-40 percent).
Peanuts have a small water footprint because of their specific growing regions, compact plant structure and underground fruiting.


Since its inception, The National Peanut Board has invested more than $2,600,000 to improve peanut crops’ water efficiency

AGRICULTURAL LAND DEVELOPMENT

American peanut farmers have always been good stewards of the land

Visit PeanutVision.org to view this video.

Improvements in Sustainability

USDA DATA 1999-2013

- Increased
  - Technology Adoption: 50%
- Decreased
  - Fertilizer Use: 42.5%
  - Water Use: 33%
  - Pesticide Use: 25%

Peanut farmers focus on growing the best crop, with the fewest added fertilizers and chemicals, because doing so makes both economic and environmental sense. The proof of this practice has been handed down with the land — most peanut farms in rural America are multigenerational, with families living and working the fields over generations and decades. Peanut farmers care for the land of their grandparents so they can hand it down to their grandchildren.
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25% PESTICIDE USE

Decreased

Peanut farmers care for the land of their grandparents so they can hand it down to their grandchildren.

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WELLNESS

Peanuts are a protein-packed, nutritious, plant-based food with a positive impact on health.

PLANT-BASED DIETS AND HEALTH

Peanuts are an affordable, plant-based protein.

Plant-based diets promote better health and cause less environmental impact than diets rich in animal-based foods.

See: Scientific Report of the 2015 Dietary Guidelines Committee

Source: Bureau of Labor and Statistics for Oct. 2016 price

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Protein</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serving</td>
<td>8g</td>
<td>$0.15</td>
</tr>
<tr>
<td>1/3 Serving</td>
<td>8g</td>
<td>$0.21</td>
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Source: Bureau of Labor and Statistics for Oct. 2016 price
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<tr>
<td>1 SERVING  = 1 OUNCE  = 2 TABLESPOONS  = 32 GRAMS</td>
<td>8g</td>
<td>$0.15</td>
</tr>
<tr>
<td>1/3 SERVING  = 1 OUNCE  = 28 GRAMS</td>
<td>8g</td>
<td>$0.21</td>
</tr>
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Health Benefits

Research studies from Harvard and The American Journal of Clinical Nutrition confirm that peanuts have a positive impact on disease prevention and health maintenance.

Overall:
Eating peanuts has been associated with reduced risk of several chronic diseases in multiple research studies.

Heart Disease:
Frequent peanut consumption could reduce the risk of death from heart disease by 29 percent. Scientific evidence suggests, but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A recent analysis of 76,000 women and 42,000 men, all who were U.S. health professionals, found those who reported eating peanuts and other nuts at least five times per week were 29 percent less likely to die of heart disease, compared to those who avoided nuts and peanuts over a 30-year time period. The study was conducted by researchers at Brigham and Women’s Hospital and Harvard T.H. Chan School of Public Health. Limitations include the use of food frequency questionnaires that are subject to human error, the narrow study population of health professionals, and the fact that it was not a randomized controlled trial.

Diabetes:
The more frequently peanuts and peanut butter are consumed, the more the risk of type 2 diabetes may decrease. Consumption of peanut butter and nuts, including peanuts, have been associated with decreased risk of type 2 diabetes. Harvard researchers conducted a study of over 83,000 women (ages 34 to 59) from 11 states who were followed for 16 years, during which they recorded their dietary intake five times throughout the period. Results showed peanut butter and nut (including peanuts) consumption (5 servings of peanut butter or 5 ounces of peanuts per week) was inversely associated with development of type 2 diabetes. Limitation include data on women only, who were also nurses, and the use of food frequency questionnaires, which are subject to human error.

Obesity:
Frequent peanut and peanut butter consumers have lower BMIs and body weight even if they consume more calories. Peanut and peanut butter consumption has been linked to improved weight maintenance and loss. Peanuts have fat, protein and fiber, which all help people feel full longer. A Harvard-supervised study found that participants (101 overweight men and women) on a calorie-controlled, moderate-fat diet had greater and more sustained weight loss than people on a calorie-controlled, low-fat diet. Participants in the moderate-fat diet were also more likely to remain compliant at 18 months. The results suggested that a moderate-fat diet, which included peanuts and peanut butter, resulted in weight loss without the participants reporting feelings of hunger. Limitations included its relatively small sample size and the lack of success in obtaining follow-up measurements of all dropouts.

Longevity:
People who eat peanuts five or more times per week may decrease their risk of death from all causes by 20 percent. Eating peanuts five or more times per week has been associated with decreased risk of death from all causes by 20 percent. A recent study of 76,000 women and 42,000 men, who were all health professionals, showed an inverse association between peanut and nut consumption and all-cause mortality. After 30 years of follow-up, about 16,000 deaths of women were reported; after 24 years of follow-up, about 11,000 deaths of men were reported. As compared with participants who did not eat nuts, those who consumed nuts seven or more times per week had a 20-percent lower death rate. The study was conducted by researchers at Brigham and Women’s Hospital and Harvard T.H. Chan School of Public Health. Limitations include the use of food frequency questionnaires, which are subject to human error, the narrow study population of health professionals and the fact that it was not a randomized controlled trial.

One serving of peanuts is a good source of...

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percentage of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Folate</td>
<td>41.1 mcg</td>
<td>10% Daily value</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>30 IU</td>
<td>16% Daily value</td>
</tr>
<tr>
<td>Magnesium</td>
<td>50 mg</td>
<td>13% Daily value</td>
</tr>
<tr>
<td>Copper</td>
<td>0.2 mg</td>
<td>9% Daily value</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>101 mg</td>
<td>10% Daily value</td>
</tr>
<tr>
<td>Niacin</td>
<td>3.8 mg</td>
<td>20% Daily value</td>
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</table>

Helps produce red blood cells and is essential during pregnancy.
An antioxidant that helps support the immune system.
Important for heartbeat regularity, as well as healthy muscles and nerves.
Essential for red blood cell formation, nerves, immune system and bones.
Important for bone health, hormones and energy production.
Helps convert food to energy and supports digestive, nervous system and skin health.

Peanuts are a good source of fiber, good fats and contain more than 30 essential vitamins and minerals.
Research studies from Harvard and the American Journal of Clinical Nutrition confirm that peanuts have a positive impact on disease prevention and health maintenance.

**OVERALL:**
Eating peanuts has been associated with reduced risk of several chronic diseases in multiple research studies.

**HEART DISEASE:**
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**OBESITY:**
Frequent peanut and peanut butter consumers have lower BMIs and body weight even if they consume more calories.

Peanut and peanut butter consumption has been linked to improved weight maintenance and loss. Peanuts have fat, protein and fiber, which all help people feel full longer. A Harvard-supervised study found that participants (101 overweight men and women) on a calorie-controlled, moderate-fat diet had greater and more sustained weight loss than people on a calorie-controlled, low-fat diet. Participants in the moderate-fat diet were also more likely to remain compliant at 18 months. The results suggested that a moderate-fat diet, which included peanuts and peanut butter, resulted in weight loss without the participants reporting feelings of hunger. Limitations included its relatively small sample size and the lack of success in obtaining follow-up measurements of all dropouts. Limitation included was its relatively small sample size and the lack of success in obtaining follow-up measurements of all dropouts.

**HEALTH BENEFITS**

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<td>Folate</td>
<td>411 mcg – (10% Daily value)</td>
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<tr>
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<td>An antioxidant that helps support the immune system.</td>
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One serving of peanuts is a good source of...
Project Peanut Butter was founded by Mark Manary, M.D., a pediatrician and specialist in fighting malnutrition.

In 1985, Dr. Manary and his wife, Mardi Manary, moved to Africa to work in a rural hospital in Tanzania. Dr. Manary realized that the available emergency foods were insufficient for countering the extent of malnutrition he encountered. He and colleague Dr. André Briend developed a new peanut-based ready-to-use therapeutic food (RUTF), which is shelf-stable and more easily distributed than previous RUTF formulations.

Recovery rates with the new peanut-based RUTF are dramatically higher than the older liquid formula, rising from 25–50 percent to 75–95 percent. Learn more about Project Peanut Butter at projectpeanutbutter.org.
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A recent study from Deloitte shows that consumers are becoming more eco-conscious, globally minded and sustainability-focused.

Peanuts present an all-in-one solution for these increasingly important market demands.

Peanuts are a key ingredient in world cuisines, a health-conscious alternative to decadent dessert products and essential to the growing consumer movement to help the planet by eating less meat and more plants.

Peanuts are already a global favorite and a central ingredient in many world cuisines.

Peanuts were domesticated from wild South American varieties in the Andes thousands of years ago. European explorers took them back to Spain, and then on to Asia and Africa. Africans first introduced peanuts to North America in the 1700s.

Today, peanuts are known as core ingredients in Mexican mole, African stews, Asian sauces and many other meals people enjoy and count on every day.

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See more recipes on NationalPeanutBoard.org

Pelletized peanuts made from the peanut hulls are used for animal feed and fuel

Peanut “hay” made from the vines is used as ground cover or put back in the land to enrich the soil

Scientists are researching peanut skins, which contain high levels of antioxidants and polyphenols, for emergent uses

We have the technology to create many useful substances out of peanut oil.

In the future, there may be a market demand for petroleum substitutes and products like:

- Biodiesel
- Plant-Based Plastics
- Lubricants
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FOOD SAFETY

The peanut industry invests in research to eliminate food allergies and follows regulations that prevent toxins from entering the food supply.

U.S. peanut producers follow some of the most stringent food safety standards in the industry.

Peanuts are inspected for a variety of things:
- Mold
- Damage
- Moisture content
- Foreign materials

See: The USDA's Peanut Standards Board 2002 Farm Bill
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ENVISIONING A WORLD WITHOUT FOOD ALLERGIES

The groundbreaking LEAP Study discovered that

introducing peanut products to infants early can reduce the risk of developing a peanut allergy by up to 86 percent.

1%
the true percentage of Americans with a peanut allergy

PREVALENCE OF PEANUT AND TREE NUT ALLERGY IN THE US DETERMINED BY A RANDOM DIGIT-DIAL TELEPHONE SURVEY. (J ALLERGY CLIN IMMUNOL. 1999 APR;103(4):559-62.)

24%
the percentage of Americans that people incorrectly believe have a peanut allergy

THE BANTAM GROUP. ALLERGY AND SCHOOL BANS/RESTRICTIONS, 2013 CONSUMER STUDY

Over the past 16 years, The National Peanut Board has led the fight to solve food allergies like no other commodity board. Through its efforts, America’s Peanut Farmers have earmarked more than

$21 million to food allergy research, education and outreach.
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FEED THE FUTURE

THROUGH THE UNIVERSITY OF GEORGIA'S FEED THE FUTURE PROGRAM:

Farmers in Ghana are testing new post-harvest methods to prevent aflatoxin development in peanuts.

Aflatoxin is a naturally occurring fungal toxin found in everyday environments. Aflatoxins can occur in crops and food products like corn, peanuts, cottonseed, tree nuts and many more. For peanuts to be certified as meeting edible quality grade standards, their aflatoxin content must be 15 parts per billion (ppb) or less.

Thanks to programs like this, researchers are learning how to deal with crop stressors and are boosting domestic production research with new data. To date, there has never been an outbreak of human illness from aflatoxins in the U.S.

See: NATIONAL CANCER INSTITUTE
See: BAD BUG BOOK

THE FUTURE OF FOOD

“Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”

GOLD STANDARD DEFINITION OF SUSTAINABLE DEVELOPMENT, SET BY THE U.N. BRUNDTLAND COMMISSION

- By 2050, the world population will be 9 billion
- Currently, 795 million people don’t have enough food
- Hunger kills more people than AIDS, malaria and tuberculosis combined
- Malnutrition kills 5.9 million young children each year

Water-efficient, nutrient- and energy-dense crops like peanuts are the key to saving lives now and meeting the food supply and nutrition demands of the future.

Read more about what peanuts are doing for the hungry at PB4h.org

COMMUNITY

Peanuts are the cornerstone crop of multigenerational farmers in the rural south, supporting land stewardship and the economy.
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Peanuts are the cornerstone crop of multigenerational farmers in the rural south, supporting land stewardship and the economy.
In the rural American South — the Peanut Belt — peanuts are more than just a crop the farmers grow.

They’re an economic and social keystone. Most peanuts are planted and harvested by peanut-farming families on small, multigenerational farms. Farmers work with their local agriculture businesses to sell and distribute their harvests, maintain their implements and invest in their land. The family farmers can also handle all the planting and harvesting without seasonal labor, which keeps the economic benefits close to home.

A History Rooted in Family

The U.S. peanut crop has an annual value of more than $1 billion

Source: United States Department of Agriculture

Peanuts: A Proven Solution

After studying the infertile farmland plaguing the American South around the turn of the last century, George Washington Carver realized that the soil was completely depleted of valuable minerals from the unbroken annual cotton crops. He surmised that crop rotation with a nitrogen fixing crop could restore the land. Peanuts, as a legume, were both easy to grow and naturally replenished the soil’s nitrogen levels, which had been drained by cotton plants.

Dr. Carver later discovered more than 300 uses for peanuts. The agricultural and economic benefits of peanuts gave the South a much-needed boost. Some historians even credit Dr. Carver with saving the South.

Laying Community Cornerstones Overseas

The National Peanut Board partners with many organizations to fund overseas research and philanthropic efforts.

Currently, leaders in the peanut industry are involved in projects with local farmers in many countries, including Haiti and Ghana, to help advance their planting and harvesting techniques, increase crop yields and decrease spoilage and contamination. The increased productivity provides peanuts for both famine relief and the local markets, strengthening the health and economies of local communities.

Peanuts also directly support women’s empowerment overseas. For example, more than 40% of the agricultural labor force in Ghana is female. The increases in peanut yields allow them to earn more income and provide more food for their communities.

See: Gender and Land Rights Database – Ghana
THE CORNERSTONE OF THE RURAL AMERICAN SOUTH

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See: Gender and Land Rights Database – Ghana
LEARN

Read more about the peanut nutrition, advances and industry resources used to compile the report.

HOME PAGE


WELLNESS


Diabetes — Rui Jiang, MD; JoAnn E. Manson, MD; Meir J. Stampfer, MD; et al. Nut and Peanut Butter Consumption and Risk of Type 2 Diabetes in Women. JAMA. 2002;288(20):2564-2569. doi:10.1001/jama.288.20.2564.


ENVIRONMENT


INNOVATION

Deloitte — Capitalizing on the shifting consumer food value equation (PDF)

National Peanut Board — History of Peanuts and Peanut Butter

USDA Agricultural Research Service — Peanut Biodiesel

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U.S. National Library of Medicine National Institutes of Health – Application of proanthocyanidins from peanut skins as a natural yeast inhibitory agent
FOOD SAFETY

USDA – Peanut Standards Board – 2002 Farm Bill Provisions (PDF)

World Food Programme – WFP says hunger kills more than AIDS, malaria, tuberculosis combined

United Nations Department of Economic and Social Affairs – World population projected to reach 9.7 billion by 2050

Food and Agriculture Organization of the United States – The State of Food Insecurity in the World 2015 (PDF)


Project Peanut Butter – Ghana


COMMUNITY

National Peanut Board – Peanut Country, U.S.A.


Food and Agriculture Organization of the United States – The role of women in agriculture (PDF)
FOOD SAFETY

USDA – Peanut Standards Board – 2002 Farm Bill Provisions (PDF)

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Project Peanut Butter – Ghana


COMMUNITY

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