

IN A NUTSHELL

NEWS FROM THE PEANUT BUREAU OF CANADA

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Nuts to diabetes

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It's no secret the peanut is a nutrition powerhouse. Countless studies highlight the health benefits of the peanut's protein, fibre, healthy fat and essential vitamins and minerals.

It's been proven that munching on peanuts can reduce your risk of heart disease – newer studies show that eating a handful of peanuts or a few tablespoons of peanut butter five times a week can lower your risk of developing type 2 diabetes.¹

The Canadian Diabetes Association reports that more than two million Canadians have diabetes. Though there are three types – type 1, type 2, and gestational – 90 per cent of sufferers live with type 2 diabetes. This occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes typically develops in adulthood and increasingly, in children living in high-risk populations. There is no cure for the disease so healthy lifestyle choices are the best bet in prevention.²

A healthy meal plan, weight control and regular physical activity are key to preventing the onset of type 2 diabetes. A recent study published in the Journal of Nutrition indicates that frequent nut consumption leads to a reduced risk of developing diabetes and heart disease – this can be attributed to the fact that the nuts have a good nutritional profile, are high in monounsaturated fatty acids and are good sources of vegetable protein.³

In a nutshell, peanuts and peanut butter should be included in a healthy and balanced diet – not only for their delicious taste, but also because of their potential to help you lead a healthier life. 🥜

¹ Jenkins, Hu, Tapsell et al. "Possible Benefit of Nuts in Type 2 Diabetes", The Journal of Nutrition;

² Canadian Diabetes Association, <http://www.diabetes.ca/>

³ Jenkins, Hu, Tapsell et al. "Possible Benefit of Nuts in Type 2 Diabetes", The Journal of Nutrition

NUTTY RECIPE

Homemade biscotti are an impressive gift for the coffee or cookie lover. Try this delicious treat featuring peanuts, white chocolate, dried apricots and cranberries just in time for the holiday season!

Biscotti with peanuts, white chocolate, dried apricots and cranberries

MAKES 32

INGREDIENTS:

2 cups	all-purpose flour	500 mL
1 1/2 tsp	baking powder	7 mL
1/2 tsp	salt	2 mL
1/2 cup	unsalted butter	125 mL
1 cup	granulated sugar	250 mL
2	eggs	2
2 tsp	vanilla	10 mL
1 cup	lightly salted peanuts, coarsely chopped	250 mL
1/2 cup	coarsely chopped white chocolate	125 mL
1/2 cup	each dried cranberries and chopped dried apricots	125 mL

DIRECTIONS:

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper. In a small bowl, stir flour with baking powder and salt.

2. Using an electric mixer, beat butter with sugar until well combined. Beat in eggs, one at a time, until well mixed. Scrape down sides as needed. Beat in vanilla. Gradually beat in flour mixture. Then stir in peanuts, chocolate and dried fruit.

3. Using floured hands, (batter will be sticky), divide dough in half. Place each half on baking sheet, spacing as far apart as possible. Form into 2 logs measuring about 10 X 3 inches (25 X 7.5-cm). Bake in centre of oven until golden on top, 28 to 30 minutes. Remove logs from oven, but leave oven on. Let logs stand 15 minutes, then slice into 1/2-inch (1-cm) slices.

4. Stand biscotti on baking sheet. Return to oven and continue to bake until golden on both sides, 15 to 18 minutes. Cool completely on a rack. Store in an airtight container up to 1 week or freeze.



QUESTIONS? COMMENTS?

Feel free to contact us at info@peanutbureau.ca with any questions or feedback you may have about this issue of **IN A NUTSHELL.**

The Peanut Bureau gives back

The Peanut Bureau of Canada works with Canadian allergy organizations to support their efforts toward food allergy management. The Bureau sought unique partnerships with four key groups, working to identify and arrange a targeted sponsorship that would best serve each organization's goals.

HERE'S HOW:

Anaphylaxis Canada (AC) is a not-for-profit organization that works to inform, support, educate and advocate for the needs of individuals and families living with anaphylaxis and to conduct and support research related to anaphylaxis.

The Peanut Bureau of Canada sponsored Anaphylaxis Canada's *Food for Thought: living well with food allergies* public conference held in British Columbia in April 2008. The goal of the event was to educate patients, parents with children at-risk, and the overall community, as well as healthcare professionals on anaphylaxis management. As the primary event sponsor, funds from the Peanut Bureau of Canada contributed to the overall success of the event.

The Allergy / Asthma Information Association (AAIA) is a Canadian charity dealing with all aspects of allergic disease. The AAIA works to create safer environments and improve quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice.

In 2008, the Peanut Bureau participated as a silver-level sponsor of the organization by providing a grant to fund activities, including educational initiatives, a recently developed web site and a series of conferences and special events.

The Canadian Society of Allergy and Clinical Immunology (CSACI) works to advance the knowledge and practice of allergy, clinical immunology and asthma for optimal patient care. The Society is also dedicated to improving the quality of life of people with allergies through research, advocacy and continued professional development and public education.

The Peanut Bureau worked with the CSACI to print and distribute "Anaphylaxis In Schools and Other Settings," national guidelines for the management and treatment of anaphylaxis in the community. The CSACI recently completed the distribution of the guidelines to publicly funded schools and school boards across Canada.

The Association Québécoise des Allergies Alimentaire (the Quebec Food Allergy Association, or AQAA) is a non-profit organization whose mission is to contribute to the improvement of quality of life for those concerned by food allergies. The AQAA ensures members have access to information, training, support and products corresponding to their needs and that they can benefit from the most recent knowledge advancement.

In the past year, the AQAA initiated a campaign to help restaurant and food service organizations properly manage food allergens and therefore to safely prepare and serve food to allergy sufferers. The Peanut Bureau of Canada supported the reproduction and distribution of the Food Allergy Management Manual for Restaurants and Food Services. The program provides written material and training to restaurants, caterers, food services, hotels, nurseries, summer camps and similar organizations.

The Peanut Bureau of Canada will continue to offer funding and support to maintain strong partnerships with organizations that are key to educating Canadians about food allergies.

You don't have to shell out for good health

Nuts and tree nuts boast high levels of protein, fibre, healthy fats and the essential vitamins and minerals recommended in Canada's food guide, as part of the meat and alternatives category.

Here's some advice for those who are tightening purse strings in this tough economy: choose peanuts. The peanut offers incredible value.

It is a delicious, nutritious food that won't break the bank!

One serving of peanuts is a source of protein, fibre, calcium, iron and folate.

Plus, scientific evidence suggests but does not prove that eating 42 grams of most nuts, such as peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.¹

The cost per 100 grams of dry roasted peanuts from the bulk section of most local grocery stores averages 88 cents. For a great-tasting and versatile nut that is inexpensive and chock-full of nutritional value, pick peanuts!



Peanuts Make Cents.

The average cost per 100 grams of peanuts is only 88 cents.*

* based on average price of bulk nuts purchased at five different Canadian retail outlets.

¹ FDA/CFSAN Summary of Qualified Health Claims Permitted, www.cfsan.fda.gov/~dms/qhc-sum.html#nuts