

IN A NUTSHELL

NEWS FROM THE PEANUT BUREAU OF CANADA

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Mediterranean-style diet offers many benefits

According to the Canadian Diabetes Association, more than three million Canadians have diabetes, with 90 per cent living with Type 2 diabetes – a disease in which the pancreas does not produce enough insulin, or the body does not properly use the insulin it makes.

Scientists believe that lifestyle changes can help prevent or delay the onset of Type 2 diabetes. A healthy meal plan, weight control and physical activity are important prevention steps. One lifestyle change that is receiving attention is the Mediterranean diet. Thought to increase life expectancy and protect against heart disease, cancer and diabetes, the Mediterranean diet emphasizes eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, nuts, fish, modest amounts of red meat and dairy products, and using mainly unsaturated fat from olive oil.

Peanuts are identified along with other legumes and tree nuts in the Mediterranean pyramid eating pattern – which groups nuts, legumes, fruits, vegetables, grains, seeds



and olive oil together to form the largest part of the pyramid.

Recent research on healthy eating patterns such as the Mediterranean diet reinforces the role of peanuts along with other nutrient dense foods in promoting health and reducing disease risks.

A research team at McMaster University in Hamilton, Ontario found a link between a small number of dietary factors – nut consumption amongst them – and protection from coronary heart disease. The team also reaffirmed the

position of peanuts as part of a beneficial eating pattern represented in the Mediterranean pyramid (including peanuts in this eating pattern helps keep the overall glycemic load of meals and snacks low). The fat in peanuts is also overwhelmingly unsaturated, containing the same predominant poly- and monounsaturated oleic acid as found in olive oil.

Interestingly, according to a report in the London-based newspaper, *The Guardian*, the Mediterranean diet will likely be granted “heritage” status by the UN agency UNESCO. The vote is expected to take place at the UNESCO’s November 14-19, 2010 meeting in Nairobi, Kenya.

Peanuts are cholesterol-free, high in protein and full of essential nutrients. With lots of monounsaturated fats, fibre and a low glycemic index, peanuts contain the key elements that can help manage diabetes. Enjoying a standard serving (2 tbsp / 30 g) of peanuts or peanut butter as a protein source can be part of a healthy regime for managing and preventing Type 2 diabetes. 🌰

Food Allergies in Canada:

New study reveals 7.5 per cent of Canadians have a serious food allergy

In 2008, researchers from AllerGen NCE Inc., the Allergy, Genes and Environment Network, in partnership with Health Canada, launched a national study to determine how prevalent food allergies are among the Canadian population. Recently, key findings from this first-ever nationwide study were released in the *Journal of Allergy and Clinical Immunology*, revealing that one in 13 Canadians has a serious food allergy.

The new findings are based on a survey of 3,613 Canadians who were asked a series of questions pertaining to allergic reactions and symptoms. According to the research, about 2.5 million Canadians (7.5 per cent of the population) suffer from food allergies.

While Health Canada has identified nine primary food allergens – dairy, peanuts, tree nuts (such as almonds, hazelnuts and cashews), eggs, seafood, sesame, soy, and wheat and sulphites – this study looked at five of these primary allergens – peanuts, tree nuts, fish, shellfish and sesame.

The study revealed:

- 3.02 per cent with a shellfish allergy
- 2.36 per cent with a tree nut allergy
- 1.93 per cent with a peanut allergy
- 0.99 per cent with a fish allergy
- 0.19 per cent with a sesame allergy

Researchers found that peanut and nut allergies were more common in children than adults, while the opposite was true with fish and shellfish allergy.

Reality vs. perception

A second study that examined Canadians’ perceptions about allergies found that the problem is perceived to be much more common than it is in reality. When asked how many are affected by food allergies, the response was 30 per cent – a huge difference from 7.5 per cent. Canadians perceived food allergy to be much higher than actual prevalence supported by research, reinforcing

the importance of education and furthering our understanding of the prevalence and associated risks of food allergy.

About the study

The *Surveying Canadians to Assess the Prevalence of Common Food Allergies and Attitudes towards Food Labelling and Risk (SCAAALAR)* study, is the first study to determine the prevalence of severe food allergies among Canadians. Published in May 2010, the study looked at the prevalence of peanut, tree nut, fish, shellfish and sesame allergy in Canada. Findings from SCAAALAR were published in the June 2010 issue of *The Journal of Allergy and Clinical Immunology (JACI)*. Principal Co-Investigators for SCAAALAR are Drs. Ann Clarke MD, MSc, FRCP (C), Professor in the Divisions of Clinical Immunology/Allergy and Clinical Epidemiology in the Department of Medicine, McGill. 🌰

Dinner made easy après ski

Winter's coming and yes – temperatures are dropping. And yes – there will be snow. But, with outdoor wintertime activities such as skating, skiing, snow-boarding and snow-shoeing, chilly temperatures and snow are a must! Whether you're outdoors indulging in winter sports or just busy perfecting your snow angel skills, one thing is for sure, winter is all about comfort food.

Cooking expert and busy mom of three Korey Kealey knows a thing or two about preparing home-cooked meals sure to warm your family's heart on a cold Canadian winter day.

“Between skating lessons, weekend

winter outings and family ski trips, my family is on-the-go constantly during the winter, which can make eating healthy foods a challenge,” says Kealey. “With some proper planning, you can make a hot, nutritious and tasty meal that will complement your winter activity, easily!”

Korey offers the following food for thought this winter:

Preparation is key Save time and money by determining your meals for the week. By making a list and shopping once, you will ensure you have everything on-hand for each meal. Plus, being prepared will help you stick to your budget and avoid last minute takeout orders.

Crock around the clock Convenient and versatile, slow cookers were made for Canadian winters and allow you to have a nice, healthy meal ready and waiting for when you return from a day on the slopes.

If you slow cook, follow best practices

That means no peeking for at least two hours! While it can be tempting to check on dinner, once the slow cooking process has started each peek adds 15 minutes to the total cooking time of your recipe.

Get creative When it's time to eat, get creative – use garnishes that suit your recipe, like peanuts and fresh herbs to dress up a soup or stew. 🍴

NUTTY RECIPE

Spicy Chipotle Sweet Potato Soup

INGREDIENTS:

1/2 cup	roasted peanuts, chopped	125 mL
2 tbsp	butter	25 mL
2	onions, diced	
3	cloves garlic, minced	
1 tbsp	gingerroot, grated	15 mL
2 tsp	minced chipotle pepper (1 medium)	10 mL
2 tbsp	tomato paste	25 mL
5 cups	diced, peeled sweet potatoes or butternut squash	1.25 L
	(3 medium potatoes or 1 butternut squash, 2 1/2 lb / 1.25 kg)	
1	baking potato, peeled and diced	
6 or		
4 cups	chicken broth or vegetable broth	1.5 L or 1 L
2/3 cup	sour cream	150 mL
1	ripe avocado, diced	

TIP

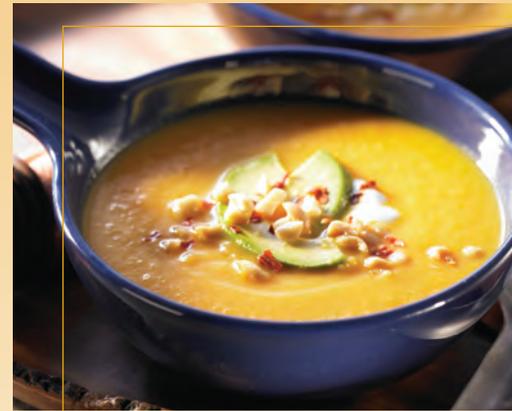
Using sodium-reduced chicken broth instead of regular broth in the soup will reduce the total sodium to 764 mg per serving.

DIRECTIONS:

1. In large Dutch oven over medium heat, toast peanuts until fragrant and slightly darkened, about 3 minutes. Remove half for garnish.
2. Add butter to peanuts in Dutch oven. When melted and foaming, stir in the onions, garlic and ginger. Fry, stirring often, until onions are tender, about 5 minutes. Stir in the chipotle pepper and tomato paste; fry, stirring, until darkened, about 2 minutes.

FOR STOVE-TOP METHOD:

1. Stir in the sweet and baking potatoes and the 6 cups (1.5 L) chicken broth. Bring to boil, reduce heat, cover and simmer until potatoes are fork tender, about 25 minutes.
2. Using an immersion blender, or stand blender in batches, puree until smooth.
3. Serve with dollop of sour cream, a few cubes of avocado and a nice sprinkle of reserved toasted peanuts.



FOR SLOW COOKER METHOD:

1. Scrape into slow cooker. Stir in sweet and baking potatoes and the 4 cups (1 L) chicken broth. Cover and cook on low until vegetables are tender, about 4 hours.
2. Using an immersion blender, or stand blender in batches, puree until smooth.
2. Serve with dollop of sour cream, a few cubes of avocado and a nice sprinkle of reserved toasted peanuts.

Tortilla crisps: Brush 6 small wheat or corn tortillas lightly with peanut oil; cut each into 8 wedges. Arrange on baking sheets; sprinkle lightly with chilli powder or sea salt if desired. Bake in centre of oven at 350°F (180°C) until crisp and darkened slightly, about 8 minutes.

Nutrients Per Serving: 331 calories, 19 g total fat (6 g saturated fat, 0 g trans fat, 8 g monounsaturated fat, 3 g polyunsaturated fat), 20 mg cholesterol, 9 g protein, 36 g carbohydrates, 7 g fibre, 8 g sugars, 1048 mg sodium, 833 mg potassium, 81 mg calcium (7 % DV), 1.5 mg iron (10 % DV).