

IN A NUTSHELL

NEWS FROM THE PEANUT BUREAU OF CANADA

SUMMER 2008



Backpack snacks for active families



SUE MAH, MHSc, RD
Registered Dietitian and Nutrition Consultant

SUMMER'S FINALLY HERE AND IT'S THE PERFECT TIME TO HEAD OUTDOORS AND TAKE IN ALL OF MOTHER NATURE'S beauty! Whether you're a backpacker, day-hiker, canoeist or car-camper, you'll need on-the-go snacks to fuel your active adventure and tempt your taste buds too. So grab your backpack, toss in some wholesome nutritious snacks, and let's hit the trails! Here are four tips to get you started:

- 1 PLANNING AHEAD** – Plan to pack your own healthy snacks rather than stopping at convenience stores or drive-thrus. This also means you'll be spending less time lining up to get food, and more time enjoying the great outdoors.
- 2 PORTABILITY** – Pack snacks that will fit well into your backpack or a small cooler bag. Re-sealable, airtight containers not only help to keep food fresh but also keep your snacks from getting squished.
- 3 FOOD SAFETY** – Carry snacks that won't spoil easily in the sun and outdoor heat. Peanuts, trail mix, and peanut butter sandwiches are ideal! A frozen Tetra Pak of juice will act as both a cold refreshing beverage and a freezer pack to keep food items cold during the trek.
- 4 VARIETY** – Keep everyone on their toes by taking along an assortment of new snacks and old favourites. For an energizing snack, give our new Peanut Power Balls recipe a try! 🍌

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.

BACKPACK SNACK

Peanut power balls

PREP TIME: 15 minutes
COOK TIME: 3 minutes
REFRIGERATION TIME: 30 minutes

MAKES 20

Instead of taking store-bought energy bars on your next hike – try making these Peanut Power Balls. They taste great, transport beautifully without crumbling and are a lot less expensive when you make them yourself.

INGREDIENTS:

2 cups	granola	500 mL
1/3 cup	chopped peanuts	75 mL
1/4 cup	each dried cranberries and raisins	50 mL
1/4 cup	wheat germ or ground flax	50 mL
2 tbsp	each pumpkin seeds and shredded coconut	30 mL
1/2 cup	honey	125 mL
1/2 cup	peanut butter	125 mL

For more great peanut recipes or information, visit www.peanutbureau.ca.

DIRECTIONS:

1. In a large bowl, stir granola with peanuts, cranberries, raisins, wheat germ, pumpkin seeds, and coconut. In a small saucepan bring honey to boil. Boil vigorously for approximately 30 seconds then whisk in peanut butter. Add to granola mixture and stir to combine.

2. While mixture is warm, firmly form into 1 1/2-inch (3.5 cm) balls. Refrigerate until firm. Store in an airtight container up to 2 weeks. Twist balls in waxed paper for perfect portability.

NUTRITION INFORMATION PER POWER BALL:

Per serving: 144.1 calories, 3.9 g protein, 19.7 g carbohydrates, 2 g dietary fibre, 51.7 mg sodium, 6.6 g total fat



NUTRITIONAL BREAKTHROUGH

Plumpy'nut

STEPHANIE GRUNENFELDER

Director, International Programs, Peanut Bureau of Canada

The Peanut Bureau of Canada is the Canadian information office of the American Peanut Council. The Bureau is dedicated to educating Canadian health care professionals, media and consumers about peanuts and peanut products as part of a healthy diet.



Worldwide, malnutrition continues to be a significant problem, especially among children who can not fend adequately for themselves. Poverty, natural disasters, political problems, and war all contribute to conditions – even epidemics – of malnutrition and starvation.

According to UNICEF, each year malnutrition is implicated in about 40% of the 11 million deaths of children under five in developing countries. But now there is a product available that is helping children in the developing world, improving the lives of hundreds of thousands of children a year. It's called *Plumpy'nut*, a peanut-based nutritional supplement for use in famine relief.

Created in 1999 by French scientist André Briend, *Plumpy'nut* is a peanut butter-like paste made from dried milk powder, peanut butter, vegetable oil, sugar and a vitamin mix. It serves as a food supplement, promoting rapid growth in severely malnourished children. Unlike powdered-milk formulas, which have been the standard treatment for severe malnutrition, *Plumpy'nut* doesn't need to be mixed with clean water, which can often be a challenge in famine-stricken regions. It is delivered in easily transportable sachets or in 92 g cup pouches and can be consumed immediately without preparation.

Recognized by the World Health Organization as a Ready-to-Use Therapeutic Food (RUTF) for famine relief, *Plumpy'nut* can be packaged in local peanut-producing areas, such as Malawi and Niger. However, as poverty increases in areas of the world, there will be a clear need to respond with an increase in production.

The American Peanut Council (APC) has been working with aid groups, such as UNICEF and Doctors Without Borders, to examine whether there is an opportunity to produce peanut-based RUTFs in North America. So far, the APC has been successful in getting peanut butter on the USAID Title II commodity list. Before being added to this list, peanut butter could not have been bought by the U.S. government for food aid. But now, international aid organizations may request it.

The APC has also made contact with Dr. Manary of Project Peanut Butter in Malawi, collaborated on research and has begun the process of contacting aid groups and USAID about using peanut butter-based products. To date, the industry has raised more than \$20,000 for this special project.

For more information on *Plumpy'nut*, visit www.plumpynutinthe field.com



NUTrition:

PROFILE OF A PEANUT

When it comes to NUTrition, the peanut packs a powerful punch. Just one serving (60 mL) is chock full of protein, fibre, healthy fats and essential vitamins and minerals recommended daily in Canada's food guide. On top of that, recent research shows that eating peanuts in moderation can help to keep your heart healthy. They contain oleic acid, a heart-healthy source of unsaturated fat and are naturally 100% cholesterol-free!

Peanuts have more protein than any other nut. Containing high quality plant protein, the peanut is an energy powerhouse that helps to build and repair muscles.

Peanuts also have a unique combination of fibre and monounsaturated and polyunsaturated fats, so they can help keep you feeling full and satisfied. As a low response food on the Glycemic Index, peanuts satiate feelings of hunger and help control blood sugar levels – just a handful of peanuts will keep hunger at bay.

A serving of peanuts (1/4 cup or 60 mL) also contains many of the vitamins and minerals necessary for the body's growth and maintenance. This serving size provides 2.2 mg of Vitamin E, which acts as an antioxidant that may reduce the risk of heart disease. Peanuts also deliver minerals including magnesium, copper, phosphorus, potassium and zinc. Copper and magnesium may also protect against coronary heart disease.

To round out a balanced diet, try these tips:

- Add peanuts to your salad to make it a more substantial meal
- Add peanuts to your yogurt for some added crunch & protien
- Add peanuts to your fruit salad for a satisfying, salty and sweet snack
- Add 60 mL of peanuts to your steamed vegetables



The chart below gets to down to the nitty gritty of peanut NUTrition!

Dry Roasted, Salted Peanuts (30 g)	NUTRIENTS	AMOUNT
	Calories	166
	Protein	6.7 g
	Total Carbohydrate	6.1 g
	Dietary Fibre	2.3 g
	Total Fat	14.1 g
	Saturated Fat	2.0 g
	Monounsaturated Fat	7.0 g
	Polyunsaturated Fat	4.5 g
	Omega 6 fatty acid	4.5 g
	Omega 3 fatty acid	trace
	Vitamin E	2.2 mg AT
	Folate	41.1 mcg
	Niacin	3.8 mg
	Thiamin	0.12 mg
	Riboflavin	0.03 mg
	Vitamin B6	0.07 mg
	Zinc	0.94 mg
	Copper	0.19 mg
	Selenium	2.13 mcg
	Magnesium	50 mg
	Phosphorus	101 mg
	Potassium	187 mg
	Calcium	15 mg
	Sodium	230 mg
	Iron	0.64 mg
	Cholesterol	0.0 mg
	Resveratrol	present
	Arginine	0.8 g
	Total Phytosterols	62.4 mg
	Beta-sitosterol*	18.4 mg

SOURCE: USDA Nutrient Database for Standard Reference, Release 17. The Peanut Institute, 2008



For further information: Peanut Bureau of Canada, 175 Bloor Street East, South Tower, Suite 1007, Toronto, Ontario M4W 3R8
www.peanutbureau.ca