

IN A NUTSHELL

NEWS FROM THE PEANUT BUREAU OF CANADA

WINTER 2006

the **five** essential nutrients of **peanuts** and **peanut butter**

New and improved labelling appearing on Canadian products will make consumers more aware of exactly what is in the products they are purchasing and consuming. This information is easy to obtain on a jar of peanut butter, but not so easy to see on a peanut! There are actually more than one dozen different nutrients in peanuts and peanut butter and as the New Year starts we thought it worth highlighting the top five essential nutrients that contribute to normal growth, development and maintenance of good health:

VITAMIN B₁: also known as Thiamin, plays an important role in the body by helping it convert carbohydrates into energy. This nutrient is also important for the functioning of the heart, muscles and nervous system. In fact, including a couple tablespoons of peanut butter on some toast or fruit each morning could help you maintain a positive mental attitude and enhance your learning ability throughout the day. On the flip side, low levels of this essential nutrient can cause eye weakness, mental confusion and loss of physical coordination.

VITAMIN B₃: also called Niacin, is another essential nutrient required for metabolizing of carbohydrates, fats and proteins. Niacin also plays an important supporting role in proper blood circulation, healthy skin and the functions of the central nervous system. This essential nutrient is also required for the production of hydrochloric acid for digestion. Niacin is also used in the treatment of high cholesterol levels.

MAGNESIUM: a mineral that is required by the body for the growth and formation of healthy bones, muscles and enzymes and like Vitamin B₁, it is used to convert carbohydrates, fats and proteins into energy. This essential nutrient also plays an important role in helping to ensure the proper absorption of calcium and potassium as well as assisting with the transmission of nervous system impulses. Two tablespoons of peanut butter is considered a good source of magnesium (15% of the daily requirement intake).

FOLATE: actually another of the B vitamins found in food and often found in the form of folic acid in multi-vitamin lingo. Folate is essential for the production of normal red blood cells. It also helps to keep your heart and blood vessels healthy. Folate is especially important during pregnancy because it is needed for the body to produce new genetic material (DNA). Pregnant women should check with their doctor however before eating peanut products.

VITAMIN E: one of a number of nutrients called antioxidants. Vitamin E is a fat-soluble vitamin that protects Vitamin A and other essential fatty acids from oxidation in the body's cells and prevents breakdown of body tissue. When your body transforms food into energy or fights off infection, toxic by-products are released. Antioxidants, including Vitamin E, help to protect your body from these toxins, defending against various health conditions like heart disease, cancer (prostate among others) and arthritis. 🍌

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.

easy beef kabobs

MAKES 4 SERVINGS

After a long day at the office, these easy beef kabobs will be sure to satisfy the whole family with minimal effort required.

INGREDIENTS:

4	medium sized cuts of beef
1/2 cup (125 mL)	Catalina dressing
1 tbsp (15 mL)	light peanut butter
1 tbsp (15 mL)	soy sauce
1 1/2 cups (375 mL)	white rice
1 tbsp (15 mL)	chopped peanuts

DIRECTIONS:

1. Cut meat into 1-inch strips. Thread onto skewers and set aside.
2. Prepare sauce by mixing together the Catalina dressing, peanut butter and soy sauce. Pour half over skewers; marinate 10 minutes. Place skewers on preheated barbeque or indoor grill. Discard marinade and grill until meat is cooked through.
3. Prepare rice according to package directions, adding remaining sauce to rice before cooking. Let stand 5 minutes, fluff with fork and stir in chopped peanuts.

NUTRITIONAL NOTE: This recipe provides essential minerals like iron and zinc along with good monounsaturated fat.

NUTRITIONAL ANALYSIS PER 1/4 RECIPE: Calories: 359 Total fat: 11.6 g Carbohydrate: 35.9 g Protein: 27.3 g Iron: 24% RDI Sodium: 896 mg

*Recipe courtesy of Kraft Canada Inc.



GALLERY

PEANUT

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Registered Dietician



Registered Dietician Isabelle Huot sheds some light on the impact of the new labelling regulations in Canada and the ongoing discussions around trans fats.

peanut butter is trans fat free

Under new food packaging laws, set into place as of January 1, 2006, all pre-packaged foods and drinks must carry a Nutrition Facts box listing the calorie count and 13 important nutrients. The new rules also institute standard measurements in a specific amount of food which make it easier to compare products. According to health experts, perhaps one of the most important nutrient contents that consumers will now be able to identify and measure is whether any of the fat in the product is in the form of trans fats and if so how much.

Trans fats occur naturally in beef and dairy, but in miniscule amounts. It is industrially-produced trans fats that worry the health experts. Those trans fats are artificially created through a chemical process of hydrogenation that solidifies liquid oils.

Food manufacturers began using hydrogenated oils instead of butter, lard and saturated fats because it is less expensive, extends the shelf life of products and improves the flavour and texture of many foods. The problem is that our bodies don't know what to do with the man-made fats that many experts say are playing havoc with our health.

Peanut butter spreads are not what they used to be five to ten years ago. Thanks in part to the recent food labelling action placed on food manufacturers in Canada, today's peanut butter manufacturers are taking action to eliminate trans fat.

Studies have shown that trans fat raises your LDL (bad cholesterol) and lowers your HDL (good cholesterol) levels. Studies have also linked a diet high in trans fat to heart disease, North America's Number 1 killer. A Health Canada document in 1998 shows Canadians eat between 8 and 39 grams of trans fat a day, far above what's consumed in other countries.

Happily, a glance at the new

labels on peanut butter will show that most of your favourite brands such as Kraft and Skippy are now trans fat free (when one portion is consumed). In fact, peanut butters contain monounsaturated and polyunsaturated fats, which, compared to saturated fats, can actually help to lower blood cholesterol levels.

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Thanks in part to the recent food labelling action placed on food manufacturers in Canada, today's peanut butter manufacturers are taking action to eliminate trans fat.

Cutting back on trans fat consumption is a good start to creating a healthy diet and food choices like peanuts and peanut butter that are high in protein and many other essential nutrients like Folate, Vitamin B1 and Vitamin E offer your body the best return on investment. It is hoped that more and more Canadians will begin taking ownership of their health by using the new labels that are now available on all packaged foods and by choosing products, such as quality peanut butter, that are healthy and satisfying alternatives to empty calories and high fat foods.



nuts & fluff SERVES 16

Whether you've got a room full of unexpected guests to feed or you're looking for a salty sweet snack for yourself, this recipe is quick, easy and tastes great.

INGREDIENTS:

6 cups (1.5 L)	Shreddies cereal
6 cups (1.5 L)	popped popcorn
1 cup (250 mL)	salted peanuts
1/2 cup (125 mL)	butter
1/2 cup (125 mL)	smooth peanut butter
1 package (250 g)	marshmallows

DIRECTIONS:

1. Preheat oven to 250°F (120°C). Grease 2 (13 x 9-inch) baking pans. Toss together cereal, popcorn and peanuts; set aside.
2. Microwave butter and peanut butter in large microwaveable bowl on HIGH 1 minute or until melted; stir until well blended. Add marshmallows; stir until evenly coated. Microwave an additional minute or until marshmallows puff. Stir in cereal mixture until well blended. Press half of the cereal mixture firmly into each of the prepared pans.
3. Bake 10 minutes. Cool completely. Break into small pieces. Store in tightly covered container at room temperature.

SPECIAL EXTRA:

Add 1 cup (250 mL) semi-sweet chocolate chips to cereal mixture before stirring into melted marshmallow mixture.

NUTRITIONAL NOTE: This is a snack with enough protein and fiber to cut hunger which also provides good monounsaturated fat.

NUTRITIONAL ANALYSIS PER ONE CUP SERVING: Calories: 288 Total fat: 14.4 g Carbohydrate: 35.2 g Dietary fibre: 3.2 g Protein: 7 g Calcium: 2 % RDI

*Recipe courtesy of Kraft Canada Inc.



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