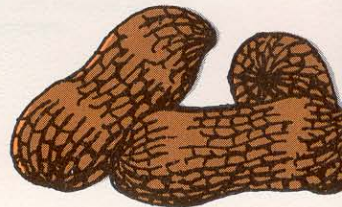
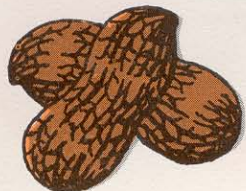


# Peanuts

**nutrition in a nutshell**



## it's a fact . . .

- peanuts contain no cholesterol.
- served as a main dish item, one fourth cup peanut butter may be used in the place of one serving of meat.
- by Federal regulations, 90% of peanut butter must be peanuts. No artificial flavors, artificial sweeteners, chemical preservatives, natural or artificial color, purified vitamins or minerals are allowed. Additives are limited to salt, sweeteners, and stabilizers.
- peanuts contain fiber or "roughage" valuable in assisting the digestive system in regulating itself.
- the fat in peanut butter is highly polyunsaturated, which is not the case with fat in meat and dairy products. The very small amount of partially hardened oil that is used as a stabilizer in peanut butter does not significantly alter the desirable composition of its fat.
- an ounce of cocktail type salted peanuts contains LESS salt than leading brands of cornflakes.
- peanuts and peanut butter are acceptable for most diabetic and hypoglycemic diets.
- peanut butter was first used as a food for invalids because of its high nutritive value, easily digestibility and palatability.
- the digestibility of peanuts is very high with little difference between raw and processed nuts. Peanuts have a slightly acid effect upon digestion.

## . . . spread the word . . .

### NUTRITION INFORMATION ON SANDWICHES

Sandwich = Filling + 2 slices (56 grams) Enriched White Bread

| SANDWICH FILLING         | PEANUT BUTTER         | AMERICAN CHEESE         | BLT  | BOILED HAM              | BOLOGNA                 | CHICKEN SALAD*      | EGG SALAD*          | TUNA SALAD*         |
|--------------------------|-----------------------|-------------------------|--|-------------------------|-------------------------|---------------------|---------------------|---------------------|
| QUANTITY OF FILLING      | 2 Tbsp.<br>(32 grams) | 1 slice †<br>(28 grams) | 2 slices crisp bacon<br>leaf lettuce<br>½ tomato<br>1 Tbsp. mayonnaise | 1 slice †<br>(28 grams) | 1 slice †<br>(28 grams) | ½ cup<br>(56 grams) | ½ cup<br>(56 grams) | ½ cup<br>(56 grams) |
| Energy (Calories)        | 340                   | 295                     | 360  | 255                     | 275                     | 280                 | 295                 | 285                 |
| Protein (grams)          | 13                    | 11                      | 10   | 10                      | 8                       | 12                  | 10                  | 13                  |
| Carbohydrate (grams)     | 34                    | 29                      | 31   | 28                      | 28                      | 33                  | 29                  | 32                  |
| Fat (grams)              | 18                    | 14                      | 21   | 11                      | 14                      | 11                  | 15                  | 11                  |
| % of Calories from Fat   | 47                    | 45                      | 53   | 38                      | 46                      | 36                  | 47                  | 36                  |
| Polyunsaturated (grams)  | 5                     | 2                       | 6  | 2                       | 2                       | 5                   | 5                   | 5                   |
| Saturated (grams)        | 3                     | 6                       | 5  | 3                       | 4                       | 2                   | 3                   | 2                   |
| Cholesterol (milligrams) | 5 ‡                   | 30                      | 17   | 20                      | 20                      | 20                  | 195                 | 20                  |
| Sodium (milligrams)      | 480                   | 645                     | 520  | 540                     | 695                     | 890                 | 885                 | 800                 |

#### PERCENT U.S. RDA (U.S. Recommended Daily Allowance)

|            |    |    |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|----|----|
| Protein    | 20 | 25 | 20 | 20 | 20 | 25 | 20 | 30 |
| Vitamin A  | ** | 10 | 10 | 4  | 4  | ** | 8  | ** |
| Vitamin C  | ** | ** | 20 | ** | ** | ** | ** | ** |
| Thiamine   | 10 | 10 | 15 | 17 | 10 | 10 | 10 | 10 |
| Riboflavin | 10 | 15 | 10 | 10 | 10 | 8  | 10 | 8  |
| Niacin     | 30 | 8  | 15 | 10 | 10 | 20 | 6  | 20 |
| Calcium    | 6  | 25 | 6  | 6  | 4  | 6  | 6  | 6  |
| Iron       | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |

\* Basic recipe made with real mayonnaise.

\*\* Less than 2% U.S. RDA.

† With 1 teaspoon (5 grams) corn oil margarine.

‡ There is no cholesterol in peanut butter. Bread made with shortening from animal sources contains a minimal amount of cholesterol — less than 5 mg.



# ... packed with nutrients

- **PROTEIN**  
needed for growth, maintenance, and repair of tissue.
- **CARBOHYDRATES**  
essential for producing energy and processing fatty acids.
- **UNSATURATED FAT**  
provides concentrated form of energy for the body.
- **VITAMINS**  
**B Complex (includes Thiamine, Riboflavin, Niacin)**  
helps maintain healthy nervous system, healthy skin and normal digestion; helps create energy.  
**Vitamin E**  
helps retard destruction of Vitamin A; protects red blood cells.  
**Vitamin K**  
necessary for blood coagulation.
- **MINERALS**  
**Potassium** aids synthesis of proteins, required for healthy nerves and muscles; helps maintain fluid balance.  
**Sodium** affects the transport of glucose and other substances across cell membranes.  
**Phosphorus** combines with calcium for strong bones and teeth; regulates balance between acids and bases in body; needed for enzymes in energy metabolism.  
**Calcium** needed for structure of bones and teeth and for healthy nerves and muscles.  
**Iron** needed to form hemoglobin, which carries oxygen from lungs to body cells.  
**Magnesium** needed with calcium and phosphorus for bones and teeth; helps transmit nerve impulses and aids muscle contractions; activates enzymes for energy metabolism.

# ... packed with protein

In an age when power counts, nutritionally-conscious consumers are beginning to turn to those protein foods that can give them the needed nutrients for fast-paced modern day living. And what is loaded with protein power? *Peanuts!*

Peanuts have been referred to as "Nutrition in a Nut-shell", and no wonder. Besides carrying 26 protein grams, peanuts contain many of the essential B vitamins (Thiamin, Riboflavin, Niacin), fats — the polyunsaturated kind — and carry a balanced share of calories. That *balance* is an important thing to remember. Calories properly balanced with energy-giving proteins are not only good for you, they are essential. Those who worry about their weight should not fret about eating peanuts because they create quick energy. This abundant energy burns up the calories and builds muscle. Appreciable amounts of calcium, phosphorus, potassium, iron and magnesium, plus important trace elements, also are found in peanuts.

**What is protein?** A vital part of living muscle tissue and one of our most important nutrients, proteins are a complex group of food components in that not one, but many proteins exist. Each differs slightly from the others because they are a combination of simpler chemicals called amino acids. Before they are absorbed and used by the body, all proteins must be broken down by digestion into their amino acids.

The value of proteins is classified in terms of their amino acid composition. Of the 20 or more amino acids that are known, our bodies cannot manufacture 8, called essential amino acids. These must be present in the foods we eat. The proteins in fish, poultry and meat contain all the essential amino acids and therefore are considered to be excellent protein foods.

But the essential amino acids also are in the proteins found in such foods as peanuts, wheat and navy beans. Even though the proteins in each of these foods has varying amounts of some of the "essentials," these food products still are considered valuable sources of protein. One plant protein teamed with another (e.g. peanut butter and bread) enhances and multiplies the effectiveness of their protein power. Nutritionally, a peanut butter sandwich and a glass of milk are an example of a perfect pairing. Add an orange and this terrific trio becomes a nutritionally balanced meal.



**Perfect Pair**  
Peanut butter sandwich  
and a glass of milk



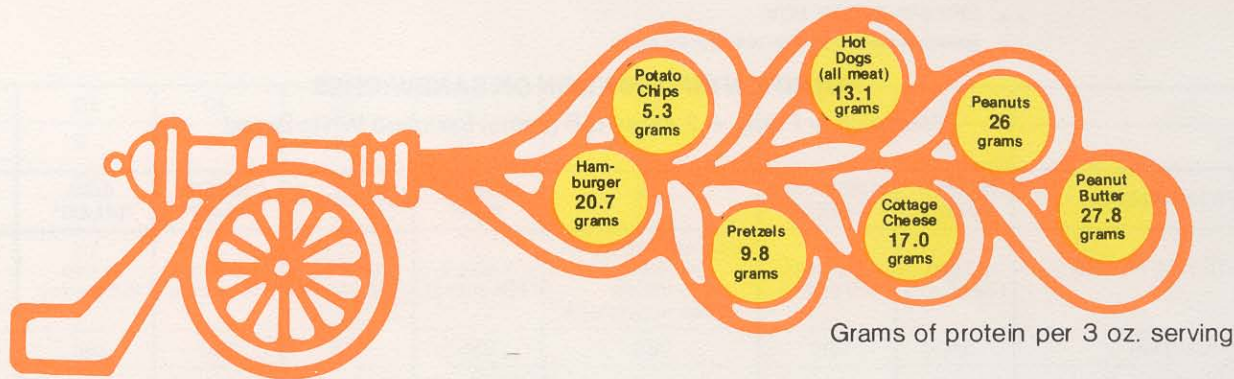
**Terrific Trio**  
Peanut butter sandwich,  
a glass of milk and an orange

In fact, if every child got two peanut butter sandwiches and a glass of milk for lunch, many of them would be better nourished than now. The daily protein allowance recommended by the National Academy of Sciences, National Research Council for an 8- to 10-year old child is about 40 grams (1.4 oz.) a day. He could get 16 grams, or 40 per cent of that, from the peanut butter in two sandwiches (about two level tablespoons per sandwich). The total protein a child would get from the two peanut butter sandwiches — counting the bread — and an eight-ounce cup of milk would be 33 grams, or 83 per cent of his daily allowance.

For a firm figure, for loads of energy, for good health, consumers can count on peanuts and peanut products.



... power that counts



GROWER'S PEANUT FOOD PROMOTIONS • P.O. Box 1709, Rocky Mount, NC 27801