

The Perfectly Sustainable Peanut



America's most popular nut is good for our health, our planet and our economy.

Peanuts are a smart addition to healthy, sustainable diets.

- ★ Lifestyles rich in plant-based foods support good health and have less environmental impact than high-calorie animal-based diets.
- ★ Nut consumption is linked with a reduced risk for heart disease and type 2 diabetes.
- ★ Peanuts are nature's "zero-waste" plant.
- ★ Peanuts require less water and have the smallest carbon footprint of any nut.
- ★ Peanut plants have a unique ability to improve soil and benefit other crops.

Peanuts help us fight hunger in communities of need.

- ★ The American peanut industry works hard to feed the hungry domestically and around the globe.
- ★ Peanut-based products support food security and economic growth in the developing world.

The U.S. peanut industry plays a vital economic role globally, nationally and locally.

- ★ Peanuts are the seventh most valuable crop in the U.S., with a farm value of more than \$1 billion.
- ★ The peanut industry is a leader in agricultural innovation and farming efficiency.
- ★ We have a rich history of contributing to communities in which we do business.

Health

- 🥜 With 7 grams of protein per serving, peanuts have more protein than any other nut.
- 🥜 Peanuts have more than 30 vitamins and minerals, and are high in vitamin E, folate and fiber.
- 🥜 One serving of dry-roasted peanuts contains 12 grams of unsaturated fat—the "good" fats research shows we all need—and no trans fats.
- 🥜 Peanut butter is in 94 percent of U.S. households due to its nutrition, affordability, shelf-stability and other benefits.
- 🥜 Scientific evidence suggests, but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Planet

- 🥜 In the early 20th century, George Washington Carver discovered more than 300 uses for the peanut plant, including cooking oil, improved linoleum made with peanut oil, shells and peanut meal, which is used today as highly nutritious livestock feed.
- 🥜 Every part of the peanut has a useful purpose:
 - ★ Hulls are turned into animal feed and fuel.
 - ★ Discarded vines are used as natural fertilizer.
 - ★ Current R&D efforts are turning peanut skins into antioxidant-rich products.
 - ★ Peanut oil is a promising plant-based fuel for transportation.
- 🥜 Peanuts require less water and have the smallest carbon footprint of any nut. While tree nuts such as almonds and cashews need consistent water, peanuts adjust their growth cycle based on water available.
- 🥜 Peanut plants have a unique ability to improve soil and benefit other crops.
 - ★ Planting peanuts in rotation with other crops supports natural pest control.
 - ★ Peanuts have amazing nitrogen-fixing properties—so peanut farmers can use less fertilizer.
 - ★ Deep peanut root systems recover nutrients and leave the soil in a better state for future crops.
- 🥜 Peanut farmers today produce 33 percent more using less water, land and pesticides than just 10 years ago.
- 🥜 Thanks to better farming practices, it takes less than half the amount of land to grow a pound of peanuts today than it did 30 years ago.

Communities/Economy

- 🥜 Peanuts help us fight hunger in communities of need.
 - ★ At less than two cents per gram, peanuts are among the most affordable plant protein sources.
 - ★ Peanut butter is one of the most requested items by U.S. food banks. It's an economical source of protein that doesn't require refrigeration.
- 🥜 The American peanut industry works hard to feed the hungry domestically and around the globe.
 - ★ Our Peanut Butter for the Hungry program is an industry collaboration focused on families and children.
 - ★ In times of disaster, our Peanut Proud program quickly mobilizes product donations to areas in dire need of nutritious food.
 - ★ We work with global partners to distribute peanut-based ready-to-use therapeutic foods (RUTFs).
- 🥜 Peanut-based products support food security and economic growth in the developing world.
 - ★ The U.S. peanut industry is helping Haitian farmers grow more robust peanut crops for sustainable livelihood, and to bring lifesaving food to Haitian communities.
 - ★ In Ghana, experts have been on the ground working with farmers on better planting and harvesting techniques to expand the country's peanut crop for the long term.

