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For Immediate Release

Texas School Nutritionists Learn More about the Value of Peanuts to Students' Diets

LUBBOCK, Texas (July 13, 2010) – The Texas Peanut Producers Board attended the Texas Association for School Nutrition's Annual Conference in San Antonio, Texas, June 13-16 to educate nutritionists about the benefits of peanuts and peanut products in children's diets.

"Peanuts are not only the most consumed nut in the country, they also have the most protein of any nut," TPPB Executive Director Shelly Nutt said. "Peanuts offer school nutritionists a cost-effective and nutritional ingredient – plus they taste great!"

Peanuts have a flavor as big as Texas that kids love, but they have more than just great taste going for them. They are packed with essential vitamins, minerals, phytonutrients and antioxidants, such as vitamin E, magnesium, phosphorus and manganese. They also have more protein than any tree nut and contain monounsaturated fat, the "good fat," which has been linked to good heart health.

"Peanuts and peanut butter are an excellent part of a healthy lifestyle," Nutt said. "Peanuts contain more than 30 essential vitamins and nutrients, are packed with energy and protein, and have a delicious taste kids love."

Naturally high in fiber, peanuts are also a good for people with dietary issues like gluten intolerance or diabetes. Peanuts are naturally cholesterol-free and low in saturated fat.

Peanut oil is also a healthy choice for everyday use because of the high monounsaturated and polyunsaturated fat content. With its distinctive but not overpowering taste, peanut oil has a high heat tolerance. It can be heated to a high temperature without smoking, which makes peanut oil a good choice for deep-fat frying and sautéing.

To learn more about peanuts or for recipes to work into your everyday menu, visit www.TexasPeanutBoard.com.

Photo Caption: Shelly Nutt, TPPB executive director, attended the TASN annual conference in San Antonio to promote peanuts has a tasty, nutrition-packed choice for school lunchrooms.

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The Texas Peanut Producers Board is a state-wide board funded by a \$2 per ton voluntary checkoff program. TPPB is responsible for coordinating peanut research, promotion and marketing programs. For more information, visit www.TexasPeanutBoard.com or contact TPPB Communications Director Stephanie Pruitt at stephanie@texaspeanutboard.com.