

Peanuts & Diabetes



According to the U.S. Centers for Disease Control and Prevention, rates of type 2 or adult-onset, diabetes have tripled in the last 30 years. In the United States, more than 17 million people have diabetes. 16 million more Americans are at high risk for developing the disease.

Diabetes On the Rise

A landmark Diabetes Prevention Program clinical trial funded by the National Institutes of Health showed that people at high risk for diabetes can significantly reduce their risk by increasing physical activity and losing weight.

Being overweight is one of the biggest risk factors for developing type 2 diabetes. Researchers at Harvard School of Public Health and Brigham and Women's Hospital in Boston have found that three times as many people were able to stick to a healthy moderate fat diet than those following the traditional low fat diet. They also were able to keep the weight off for more than 18 months, had better nutritional intakes and were more satisfied because they could eat some of their favorite foods each day such as peanut butter, nuts, peanuts and unsaturated oils such as peanut oil and olive oil. (*International Journal of Obesity*; 2000; 24:1167-75)

Whether you have type 2 diabetes or are trying to prevent it, the key is to keep blood sugar levels in check. A study from the Harvard School of Public Health, published in the Feb. 12, 1997 issue of the *Journal of the American Medical Association*, found that eating low glycemic index foods such as peanut butter, broccoli, yogurt and beans along with a diet high in cereal fiber can significantly reduce the risk of type 2 diabetes.

Another study from the Harvard school of Public Health, published in the Nov. 27, 2002 issue of the *Journal of the American Medical Association*, found that women who ate five tablespoons of peanut butter each week could reduce their risk of type 2 diabetes by more than 20%. This relationship between peanut or peanut butter consumption and type 2 diabetes was linear - higher consumption resulted in a greater protective effect.

The good news is that the diet recommended for people with diabetes or people at risk for diabetes is not a 'special' diet. It is the same kind of healthful eating plan that is recommended for everyone - high in fiber and low in sugar and fat. Peanuts and peanut butter are easy to add to your healthy diet:

- Try adding peanuts to your salad or stir-fried vegetables for added crunch.
- Spread peanut butter on your toast instead of butter and jelly for breakfast.
- Stir peanut butter into your oatmeal for extra flavor.

People with peanut allergies should not eat peanuts.

Marinated Pork Chops with Peanut Parsley Pesto

Makes 1 cup pesto
4 Servings

Pork Chops:

- 4 (6-ounce) boneless, center cut pork chops, about 3/4-inch thick
- 1 garlic clove, minced
- 1 tablespoon extra virgin olive oil
- 2 teaspoon Dijon mustard
- 1 teaspoon grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Peanut Pesto:

- 2/3 cup tightly packed fresh parsley
- 1/2 cup lightly salted peanuts
- 1/3 cup loosely packed fresh basil
- 1 garlic clove, peeled
- 1 tablespoon fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1/3 cup grated Romano cheese



1. To make the pork chops: combine the pork chops, garlic, oil, mustard and lemon zest in a bowl; toss well to coat. Refrigerate 1 hour. Heat a grill pan over medium-high heat. Sprinkle pork chops with salt and pepper and place on pan. Cook, until well marked and cooked through, 6-7 minutes per side. Transfer to serving plates and keep warm.

2. Meanwhile, combine the parsley, peanuts, basil, garlic and lemon juice in the bowl of a food processor. Process until chopped, about 1 minute. With the machine running, slowly drizzle in the oil until combined. Add the cheese and pulse to combine.

3. To serve, top each pork chop with 2 tablespoons of the pesto. Refrigerate remaining 1/2 cup pesto in the refrigerator for up to 1 week. Serve it as a spread on low-carb bruschetta or on a bowl of low-carb pasta.

Nutrition per Serving:

Net Carbs: 2

Calories: 486; Total Carbs: 3 grams; Fiber: 1 grams; Protein: 37 grams; Fat: 35 grams; Sat Fat: 8 grams; Cholesterol: 102 mg; Sodium: 541 mg; Folacin: 5%; Vitamin A: 10%; Calcium: 10%; Vitamin C: 15%; Iron: 10%

Food Exchange: 1/2 Very Lean Meat, 4 3/4 Lean Meat, 4 1/2 Fat

Pan Seared Shrimp on Napa Salad with a Peanut Soy Vinaigrette

Makes 6 cups salad plus shrimp
4 Servings

- 8 ounces Napa cabbage, shredded, 8 cups
- 1 large carrot, grated, 3/4 cup
- 3 scallions chopped, 1/2 cup
- 3 tablespoons chopped fresh mint
- 3 tablespoons chopped fresh cilantro
- 1/2 cup lightly salted peanuts, chopped
- 2 tablespoons rice vinegar
- 2 tablespoons reduced sodium soy sauce
- 4 teaspoons granular sugar substitute
- 2 teaspoons dark sesame oil
- 1 tablespoon peanut oil
- 1 pound peeled and deveined large shrimp, 21-25 per pound
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Combine the cabbage, carrot, scallions, mint and cilantro in a large bowl; toss well. Combine the peanuts, vinegar, soy sauce, sugar substitute and sesame oil in a separate bowl. Pour peanut mixture into the cabbage mixture and mix well.

2. Heat the oil in a large nonstick skillet over medium high heat. Sprinkle the shrimp with salt and pepper. Add half the shrimp to the skillet and cook, turning once, until lightly golden and opaque, 2 minutes per side. Transfer to a plate and repeat with the remaining shrimp.

3. Divide the cabbage mixture among 4 plates. Top each with one-fourth of the shrimp. Serve immediately.



Nutrition per Serving:
Net Carbs: 8
Calories: 329; Total Carbs: 14 grams; Fiber: 5 grams;
Protein: 31 grams;
Fat: 17 grams; Sat Fat: 3 grams;
Cholesterol: 172 mg;
Sodium: 856 mg; Folacin: 10%;
Vitamin A: 100%; Calcium: 8%;
Vitamin C: 90%; Iron: 20%

Food Exchanges: 4 Very Lean Meat, 1 3/4 Vegetable, 3 Fat

Southern Peanut Butter Cheesecake

Makes 10 servings
Low fat, low saturated fat, low cholesterol

- 1/2 cup low fat graham cracker crumbs
- 8 ounces light cream cheese, cut into cubes
- 8 ounces fat free cream cheese, cut into cubes
- 1/2 cup fat free sour cream
- 1/2 cup fat free ricotta (or low fat cottage cheese)
- 1/3 cup peanut butter
- 1/2 cup firmly packed dark brown sugar
- 2 teaspoons vanilla extract
- 6 egg whites (or 3/4 cup egg substitute)

1. Coat a 9-inch spring form pan with cooking spray. Sprinkle graham cracker crumbs evenly over the bottom of the pan. Set aside.
2. Process the cream cheese, sour cream and ricotta cheese in a food processor until smooth. Add the peanut butter and mix. Slowly add the sugar and vanilla extract. Slowly pour the eggs through the food chute with the processor running. Blend until combined. Spoon the mixture over the graham cracker crumbs.
3. Bake in a 300 degree F oven for 50 minutes. Center will be soft, but will firm when chilled. Turn the oven off and leave the cheesecake in the oven for 30 more minutes. Remove from oven, let cool to room temperature on a wire rack. Cover and chill 8 hours. Serve with assorted fresh berries.

Nutrition per Serving:
140 calories, 13g protein, 4.5g total fat (2g saturated fat), 14g carbohydrate, 0g dietary fiber, 10mg cholesterol, 240mg sodium

Daily value:
14% folic acid, 15% vitamin A, 20% calcium, 4% iron

Food Exchanges: 1/2 Milk, 3/4 Bread, 3/4 Meat, 1/2 Fat

Southwestern Peanut-Cilantro Dipping Sauce

Makes 1 cup
8 Servings

1/2 cup creamy peanut butter
6 tablespoons mild prepared salsa verde
2 tablespoons sour cream
1 tablespoon fresh lime juice
1 teaspoon granular sugar substitute
3 tablespoons chopped fresh cilantro

Combine the peanut butter, salsa verde, 1/4 cup water, sour cream and sugar substitute in a blender. Process until smooth, 1-2 minutes. Transfer to a bowl and stir in the cilantro. Can be refrigerated up to 3 days. Serve with crudités, low-carb chips or as a dip for grilled chicken, pork, or shrimp.

Nutrition per Serving:

Net Carbs: 4

Calories: 112 ; Total Carbs: 5 grams;

Fiber: 1 grams; Protein: 4 grams;

Fat: 9 grams; Sat Fat 1 grams;

Cholesterol: 2 mg; Sodium: 98 mg;

Folacin: 0%; Vitamin A: 0%; Calcium:

0%; Vitamin C: 0%; Iron: 2%

Food Exchanges: 1/2 Lean Meat,

1/4 Vegetable, 1 3/4 Fat



Peanuts *the* Basics

Oven Roasted Peanuts

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350 degree oven - 15 to 20 minutes for shelled peanuts, 20 to 25 minutes for in-shell peanuts. Remove from heat just short of desired doneness, as peanuts continue to cook as they cool.

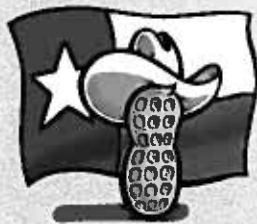
Homemade Peanut Butter

Makes 1/2 cup creamy or
3/4 cup crunchy peanut butter

- 1 cup roasted shelled peanuts**
- 1 1/2 teaspoons peanut oil**
- 1/4 teaspoon salt (omit if using salted peanuts)**

Place ingredients in an electric blender. With lid secured, blend until mixture becomes paste-like or spreadable (3 to 4 minutes). If necessary, stop the machine and scrape mixture from the sides of the container back into contact with the blades. Continue blending until desired consistency is reached.

For crunchy peanut butter, stir in 1/4 cup chopped roasted peanuts after blending is complete.



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