After 3 months, subjects that consumed nuts showed the greatest blood glucose control. HbA1c (%) over time (week) for Muffin, Half Nut Dose, and Full Nut Dose shows a decline in HbA1c with nuts consumption compared to muffins. Source: Jenkins, et al. Diabetes Care, 2011.
But what about all that fat?

Many people are concerned that substituting higher-fat peanuts or nuts for carbohydrates will lead to weight gain. However, none of the muffin/nut study participants gained weight, including those in the full nut group. Other studies have also shown that eating peanuts and nuts does not cause weight gain and may even aid in weight loss. David Jenkins, MD, PhD, DSc, the study’s lead author and a pioneer in the area of glycemic control for diabetes, said, “Nuts, including peanuts, can make a valuable contribution to the diabetic diet by displacing high glycemic index carbohydrates and replacing them with vegetable fats and vegetable proteins which have been shown in the long term to be associated with better cardiovascular health and diabetes prevention.”

What is glycemic index?

The glycemic index is a measure of the effects of carbohydrates on blood sugar, or glucose, levels. Foods are assigned a value on a 100-point scale according to how quickly they are digested and absorbed into the bloodstream, elevating blood glucose. Foods that are digested more slowly and release sugar gradually into the bloodstream have a lower glycemic index. These foods keep blood glucose levels more stable, avoiding the rapid rise and crash, and subsequent hunger that high glycemic index foods cause.

Glycemic load takes standard portion size into account, so it is actually a better measure than glycemic index.

Adapted from:
http://diabetes.niddk.nih.gov/
http://www.cdc.gov/doc.do/id/0900f3ec802723eb
http://www.diabetes.org

Peanuts are a low glycemic index food, stabilizing blood sugar and reducing cravings. See how they measure up to some commonly eaten foods.

<table>
<thead>
<tr>
<th>Classification</th>
<th>GI Range</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low GI</td>
<td>55 or less</td>
<td>Peanuts, peanut butter, most fruit and vegetables (but not potato), basmati rice, oats, All-bran</td>
</tr>
<tr>
<td>Medium GI</td>
<td>56 - 69</td>
<td>Table sugar, pasta</td>
</tr>
<tr>
<td>High GI</td>
<td>70 or more</td>
<td>Pretzels, rice cakes, corn flakes, baked potato, jasmine rice, white bread, white rice (Chinese/Japanese), soda</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
<th>GI</th>
<th>Serving</th>
<th>GL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts</td>
<td>14</td>
<td>1/3 cup</td>
<td>1</td>
</tr>
<tr>
<td>Green Peas (frozen, raw)</td>
<td>48</td>
<td>½ cup</td>
<td>3</td>
</tr>
<tr>
<td>Banana</td>
<td>52</td>
<td>1 small</td>
<td>11</td>
</tr>
<tr>
<td>Baked Russet Potato</td>
<td>85</td>
<td>1 medium</td>
<td>26</td>
</tr>
<tr>
<td>Long grain rice (parboiled 20 min)</td>
<td>75</td>
<td>1 cup prepared</td>
<td>28</td>
</tr>
</tbody>
</table>
A previous study hints at how the peanuts and nuts had such a positive effect on diabetics. In this study, healthy participants were given a vinegar drink, peanuts/peanut butter, or a control drink along with a high-carbohydrate meal consisting of a bagel and juice. After the meal, blood glucose levels were measured, and both the vinegar and peanuts/peanut butter reduced the post-meal spike in glucose. High levels of post-meal glucose are associated with increased risk for diabetes. The study shows that peanuts help to control glucose levels after eating a high carbohydrate meal. Pairing peanuts with high carbohydrate meals could lead to long-term improvements in glucose control and cholesterol levels.

In a study, participants who had either the vinegar or peanuts/peanut butter ate slightly less throughout the remainder of the day. Peanuts’ low carbohydrate content and ability to stabilize blood sugar can reduce hunger and may account for the reduced eating observed in the study. Peanuts also have high levels of healthy unsaturated fat, protein, and fiber, which have been shown to increase satiety. This effect on hunger may explain why eating peanuts does not lead to weight gain.

Adapted from Johnston CS, et al, 2005
Crispy Fried Peanuts, Garbanzo Beans, and Garlic with Sea Salt

Yield: 2 cups

**Ingredients:**
- 1 cup Peanuts, raw, shelled, no skins
- 1 cup garbanzo beans, canned, drained and rinsed
- ¼ cup garlic, minced
- 1 Tbsp. sea salt
- 1 tsp. paprika, smoked
- 1 qt. peanut oil

**Method:**

Place the garbanzo beans in a single layer on a sheet pan lined with paper towels and leave uncovered for 2 hours or overnight until slightly dried.

Heat the peanut oil in a wide, heavy bottom sauce pot to 350˚F.

Add peanuts and stir constantly until lightly golden brown. Remove from oil to paper towels and drain.

In the same oil, add garbanzo beans and fry until golden brown. Remove to paper towels and drain.

Place the peanuts and garbanzos in a bowl.

Drain all but ¼ cup of the oil from the pot and add garlic. Over medium heat, stirring constantly or swirling the pan, toast garlic until lightly golden brown being careful not to burn. Remove from heat and pour garlic and oil over the bowl of peanuts and garbanzos.

Toss the peanuts, garbanzos, and garlic with sea salt and smoked paprika. Serve warm.

*The Culinary Institute of America. Recipe developed by The Culinary Institute of America as an industry service to The Peanut Institute.

**References**


**Go to www.peanut-institute.com for:**

- Nutrition research on peanuts, peanut butter, and peanut oil
- Recipes
- Meal plans
- Educational materials

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The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthy lifestyles.

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