

The Effect of Peanut Butter on Nutrition

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Davis, J. P., & Dean, L. L. (2016). Chapter 11: Peanut composition, flavor and nutrition. In H. T. Stalker & R. F. Wilson (Eds.), *Peanuts: Genetics, processing, and utilization* (pp. 289-345). AOCS Press. <http://dx.doi.org/10.1016/B978-1-63067-038-2.00011-3>

In this book chapter, Davis & Dean (2016) discuss the nutritional content of peanuts extensively, along with the components of the peanut and how the overall flavor affects their popularity. Davis & Dean (2016) also discuss how “as a whole food and ingredient, peanuts are nutritionally dense, for example, providing the highest protein content of all commonly consumed snack nuts, serving as a rich source of heart-healthy, monounsaturated oil, and also providing a variety of healthy micronutrients and bioactive compounds” (p. 289). This chapter will help in my paragraphs where I discuss why peanuts are very nutritious, and how they could be implemented to help improve diet and nutrition in developing worlds. The authors of this book chapter are associated with government departments and a prominent university in North Carolina, as well as a research lab, which makes this source seem credible. The publication date also indicates that the research is quite current, also adding to the source’s credibility.

Enserink, M. (2008, October 3). The peanut butter debate. *Science (New York, N.Y.)*, 322(5898), 36-38. <http://science.sciencemag.org/content/322/5898/36.full?rss=1>

Enserink (2008) discusses how peanut butter products are being used in the developing world to fight malnutrition. The article also discusses a scientific debate that surrounds whether or not these types of products can also be used to prevent malnutrition. It outlines strengths and also discusses other nutritional interventions commonly used. The information in the article will be helpful as I discuss how peanut butter is already being used in developing countries to address malnutrition, as well as provide background information on other foods that are also used. It may also provide some counter arguments and further guide my research. This article is a little bit

older, so it may not present the most recent research on the topic. However, because the article is published in a well-established journal, the information is still credible and useful for this topic.

Pelletier, J. E., Schreiber, L. N., & Laska, M. N. (2017). Minimum stocking requirements for retailers in the special supplemental nutrition program for women, infants, and children: Disparities across US states. *American Journal of Public Health, 107*(7), 1171-1174.
<https://doi.org/10.2105/AJPH.2017.303809>

Pelletier et al. (2017) conducted a study to determine the availability of enough healthy foods for participants in the “Special Supplemental Nutrition Program for Women, Infants and Children (WIC)” program in the United States (p. 1171). Peanut butter was noted as one of the staples that the majority of states across the U.S. required to be available for this program. This article is helpful for my essay because it discusses a variety of staple/healthy foods that are considered important to nutrition across the United States. This might help me to discuss the differences between staples in the United States and developing countries. This article is credible because it comes from a peer reviewed journal (*American Journal of Public Health*) and is fairly recent (2017). This article provides up to date information about nutritional standards and the challenges faced by lower income families in the U.S.A.

Simms, J. T. (2010). Ingenuity, peanut butter, and a little green leaf. *World Policy Journal, 27*(3), 75-77.

This article from *World Policy Journal* discusses how peanut products are being used in Niger to improve traditional foods and drinks. Written from the perspective of a Peace Corps volunteer, the article gives a good overview of the benefits of adding peanut butter/peanut products to these traditional diets. This will be helpful in my essay as I discuss ways of implementing peanut butter as a nutritional staple. I can use some of the examples in this article to illustrate my points and add credibility to my ideas. This article

is a little bit older, but the first-hand experience of the author is quite valuable. The journal has been published in the United States for 30 years on a regular schedule and seems to have a credible background, making this information credible for my essay.

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