

## The Humble Peanut Has History as Essential Food

Elgin, IL -- Having nurtured the dawn of civilization in the Amazon River basin, the peanut moved on to support seafaring European explorers as early as the 15th century. They, in turn, spread the “goober pea” to other parts of the world including North America, India, Africa and China.

Today, we often associate the peanut with baseball and other sporting events, so much so that the crackle of shells beneath a fan’s feet has become part of the soundtrack to our recreational lives. The first blush of peanut love in the United States came in the 1860s, with the onset of the Civil War when hungry soldiers on both sides of the conflict turned to peanuts for food and survival.

During National Peanut Month in March, Fisher Nuts is glad to celebrate a venerable staple and snack food that is popular around the globe.

Although peanuts kept hungry seafarers alive on the open seas for centuries, no one really knew just how nutritious they were until modern technology unlocked several secrets behind their longevity and popularity. A Harvard University study, for example, found that eating peanut butter and peanuts every day cuts the risk of type 2 diabetes by 21 and 27 percent, respectively.

Other studies show that diets high in the monounsaturated (MUNA) fat found in peanuts reduces the risk of heart disease significantly, and even more than a low-fat diet, according to the Peanut Institute, a non-profit organization that supports nutritional research. The Peanut Institute also notes that peanuts and peanut products contain the phytosterol beta-sitosterol (SIT), which has a role in inhibiting cancer growth and protecting against heart disease. In addition, the little powerhouses include vitamin E, folate, potassium, magnesium, zinc, and fiber, and all in a portable container.

Fisher Nuts offers roasted and salted peanuts alone and in combination with a variety of mixes that can satisfy even the pickiest palette. Fisher Fusion Snack Mixes for instance, combine peanuts with fruits, olives, rice crackers, wasabi peas, chili stix, corn nuggets and other ingredients to eliminate boring snacking forever.

When it comes of snack foods, American adults like a variety of flavors and textures, especially crunchy and chewy, sweet and salty. Thanks to the venerable peanut and other ingredients in Fisher Fusion Snack Mixes, all of those qualities can be had in each handful.

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