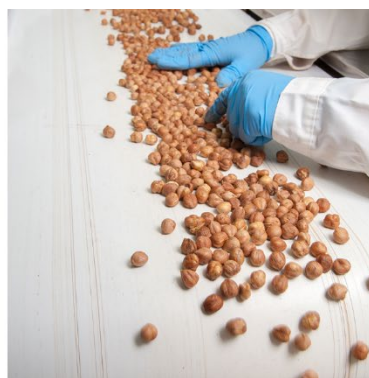


IMPORTANT FACTS ABOUT THE NUT INDUSTRY



Understanding the Peanut and Tree Nut Industry

The Peanut and Tree Nut Processors Association (PTNPA) is a trade association that represents the owners and operators of companies who shell, process, salt and/or roast peanuts and tree nuts, and those who supply equipment and services that are critical to our industry. The PTNPA advances the nut industry, with a focus on safe food and ample supply, through professional networks, advocacy, and education. As the Voice of America's Nut Industry, the PTNPA is committed to serving its members with unwavering dedication and resources intended to support the success of their business and the nut industry as a whole.

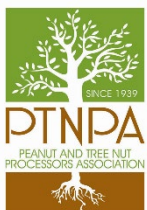
The PTNPA was established in 1939. Today, PTNPA is an association of leading nut industry companies and representatives, and innovators world-wide. PTNPA member companies range from large global organizations, to small family-owned businesses, along with companies who supply equipment and services critical to the nut industry. The PTNPA works closely with nut and food industry associations, alliances, and coalitions. PTNPA member companies employ millions of people and generate billions of dollars in the global economy and continue to grow exponentially in response to ongoing health studies, along with consumer interest and demands.

How does the nut industry prioritize food safety?

An Industry Committed to Food Safety

- ❖ **The nut industry and PTNPA members are committed to food safety.** They are early adopters of new food safety practices and protocols, earning required certifications and training, implementing programs, preparing for audits and inspections and all associated activities required to meet food safety compliance regulations, which are closely monitored by multiple agencies in the United States and in other countries. PTNPA continuously offers its member companies resources and information on regulatory guidelines for food safety compliance.
- ❖ **PTNPA members work together to share knowledge and best practices for food safety.** Annually, PTNPA hosts a comprehensive Technical Forum dedicated to presenting and discussing the latest in nut industry best practices and research, and the advancement of food safety acumen for all industry representatives.
- ❖ The Food Safety Modernization Act (FSMA) completely overhauled how the entire food industry operated in order to meet the highest standards in the world. A major focus of FSMA included a shift away from reactive contamination response toward proactive contamination prevention. **PTNPA provides its members with a monthly FSMA report which highlights changes and updates to these food safety expectations and regulations.** PTNPA members utilize this report to refine their food safety protocols, and inform their decisions, practices, and operations. ([Source](#))
- ❖ **The PTNPA works closely with the FDA as the agency develops its New Era of Smarter Food Safety initiative for the years to come.** The FDA New Era Blueprint is focused on four core elements: traceability, prevention/outbreak response, retail modernization, and food safety culture. PTNPA members use the latest tools and technology to meet the growing needs of both consumers and regulators who want to know where food comes from along with the reassurance that the food supply is safe and stable. PTNPA and its members invest in training, resources, tools, and technology in order to be well- informed, collaborative and committed to food safety. ([Source](#))

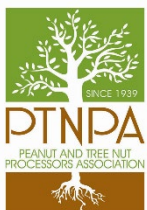
PTNPA and its members publish and continually update the *Industry Handbook for the Safe Processing of Nuts*. This resource is widely distributed and utilized by industry companies as well as regulatory agencies. ([Handbook](#))



Why has nut consumption expanded exponentially among consumers world-wide?

Healthy and Nutritious

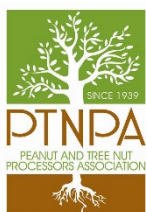
- ❖ Nuts are the **original, minimally processed plant-based protein**.
- ❖ Nuts are a **nutrient-dense food** and are a great source of fiber and protein. ([Source](#))
- ❖ According to the latest Dietary Guidelines for Americans, peanuts and other nuts are “**important sources of iron, zinc, protein, choline and long chain polyunsaturated fatty acids**,” all of which contribute to healthy childhood development. ([Source](#))
- ❖ 64 percent of children surveyed said they’d eat more fruits and vegetables if served with their favorite nut butter dip. ([Source](#))
- ❖ A recent study, published in the journal *BMJ Nutrition, Prevention & Health* concluded that incorporating nuts as part of a healthy dietary pattern by replacing less healthful foods **may help mitigate the gradual weight gain common during adulthood**, and beneficially contribute to the prevention of obesity. ([Source](#))
- ❖ A new study found that a **moderate intake of nuts may aid and increase cognitive performance** among older adults. ([Source](#))
- ❖ Research has found that **people who are at risk of a heart attack can cut their risk by eating a healthy diet that includes nuts**. Research suggests that eating nuts may:
 - Lower your low-density lipoprotein (LDL or "bad") cholesterol and triglyceride levels, which play a major role in the buildup of deposits called plaques in your arteries
 - Improve the health of the lining of your arteries
 - Decrease levels of inflammation linked to heart disease
 - Reduce the risk of developing blood clots, which can lead to a heart attack and death([Source](#))



- ❖ In a Harvard Medical School study, **men who ate nuts two or more times a week had a 47% lower risk of sudden cardiac death** and a 30% lower risk of dying from all types of coronary artery disease. ([Source](#))
- ❖ In large epidemiologic studies, **the frequency of nut consumption was consistently related to lower rates of coronary heart disease**, cardiovascular disease (CVD) and death. ([Source](#))

Nuts are an excellent source of nutrients:

- **Almonds** are known for offering high levels vitamin E and riboflavin and provide six grams of protein. ([Source](#))
- **Brazil nuts** are a rich source of selenium, a trace element essential for the thyroid and one that supports the immune system. ([Source](#))
- **Cashews** are a great source of magnesium and manganese, important nutrients for bone health. ([Source](#))
- **Hazelnuts** tout proanthocyanidin (polyphenols that protect the heart and serve as antioxidants) as a unique benefit. ([Source](#))
- **Macadamia nuts** are one of the rare sources of palmitoleic acid, an omega-7 fatty acid which promotes skin, hair and nail health. ([Source](#))
- **Peanuts** are rich in protein and include more than 30 essential vitamins and minerals. ([Source](#))
- **Pecans** offer special form of vitamin E called gamma-tocopherols. ([Source](#))
- **Pistachios** are a great source of potassium. ([Source](#))
- **Sunflower seeds** contain vitamin E, flavonoids, and other plant compounds that can reduce inflammation. ([Source](#))
- **Walnuts** offer the omega-3 fatty acid, ALA. ([Source](#))



How does the nut industry address allergy concerns?

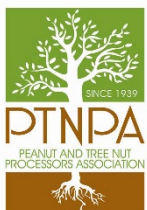
Understanding Nut Allergies

PTNPA is a Strong Proponent of the FDA's Labeling Guidelines

- ❖ Nutritional and Allergen labels are significant in preventing and reducing allergy concerns. PTNPA provides information and guidance to the industry to ensure accurate food package labeling as an important part of food safety, healthy consumption and allergy prevention. ([Source](#))
- ❖ All products containing nuts are required to declare nuts as an ingredient making it very easy for consumers to identify any allergen concerns.
- ❖ Nut industry best practices in processing and manufacturing require very specific cross-contamination prevention methods to mitigate allergen risks.

PTNPA Tracks Advancements and Current Medical Guidance in the Treatment of Allergies, including Early Introduction and Management of Allergies in Children

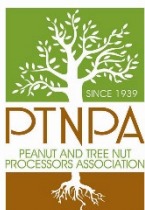
- ❖ Less than 2% of kids are genetically predisposed to nut allergies. According to Johns Hopkins Children's Center, for most children, eating nuts at a young age can help prevent developing an allergy in the first place. ([Source](#))
- ❖ New guidelines from the National Institute of Allergy and Infectious Disease recommend introducing peanut protein to infants as early as 4-6 months (depending on risk) to prevent peanut allergy. ([Source](#)) The peanut patch is a new approach to peanut allergy treatment. Studies have shown that, when applying the patch daily, many patients have been able to increase the threshold of peanut exposure that's needed to trigger an allergic reaction. ([Source](#))
- ❖ FARE (Food Allergy Research & Education) has launched SEED (Start Eating Early Diet), a comprehensive early introduction and prevention program to reduce the growth of potentially life-threatening food allergies among infants and young children. The SEED clinical study compares early introduction of multiple high allergenic foods versus standard of care in a large diverse sample of infants, evaluating the common allergens egg, peanut, cashew, walnut, wheat, dairy and soy. Data will help to support widespread acceptance on early introduction throughout the U.S. and provide evidence-based guidance and educational tools to help prevent potentially life-threatening food allergies. ([Source](#))



PTNPA Monitors Research and Behavior Regarding Nut-Free Zones

- ❖ Many experts, including the U.S. Centers for Disease Control and Prevention, believe comprehensive food allergy management programs that are understood by doctors, nutritionists, parents, caregivers and school systems are the best solution for managing food allergies. This may include training to identify symptoms, learning preparedness plans for reactions and creating a supportive community that is “allergy aware.” [\(Source\)](#)
- ❖ Inhaling a dose of an airborne allergen is very unlikely on an airplane because there is little “recirculation” and commercial jets are required to frequently refresh the cabin air and subject it to HEPA filtration. There is no evidence to show that peanut or tree nut allergens circulate in the air, as opposed to quickly settling on surfaces. [\(Source\)](#)
- ❖ Research shows that casual contact presents an extremely low risk for anaphylaxis. A study of 30 peanut allergic children who smelled peanut butter for 10 minutes resulted in zero reactions. Skin contact in this study also resulted in zero life-threatening reactions. [\(Source\)](#)
- ❖ Banning nuts from schools doesn’t reduce the risk of food allergy reactions. In a study of 567 food allergy reactions in a Canadian pediatric cohort, 4.9% of reactions occurred in nut-free schools compared to 3% in schools that allow peanut and tree nut foods. [\(Source\)](#)
- ❖ Banning nuts doesn’t reduce the use of epinephrine in schools. According to a study of schools in Massachusetts, schools with policies that restricted foods with nuts from being brought from home, served in the school cafeteria or in the classroom did not reduce the use of epinephrine to treat food allergy reactions compared to schools that did not have nut-free policies. [\(Source\)](#)

PTNPA takes the topic of allergens very seriously and has a strong working relationship with Food Allergy Research & Education (FARE). This relationship allows the association to grow nut industry understanding of ongoing allergy concerns and solutions and to collaborate on the issue of allergy treatment and prevention trends. [\(Source\)](#) Also, nut industry leaders and representatives have family members and friends with nut allergies, too. They are very familiar with nut-related allergies and the successful management of allergy concerns.



This document was produced with support by
PTNPA Industry Affiliate Members:



CONTACT PTNPA

website | www.ptnpa.org
phone | 301-365-2521
email | info@ptnpa.org

