

Peanuts and the Fight Against Hunger.

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Peanut-based Ready to Use Therapeutic Food (RUTF) is considered a “medicine” for treating the 20,000,000 severely malnourished children in Africa. However, there are 800,000,000 malnourished people in Africa and peanut products are not widely used in aid programs for them.

Recently there has been a lot more interest in using peanuts for a much broader market. Peanuts are increasingly recognized as a nutritious food with the right balance of protein, fats, fiber, and micronutrients for most people. They are also one of the most sustainable proteins in the world.

The recent Lancet Planetary Diet is the result of a major study funded by the Bill & Melinda Gates Foundation. It was designed to determine the healthiest way to feed the world’s population while meeting the UN’s sustainability goals. It recommends a huge increase in the consumption of nuts and legumes in sub-Saharan Africa. We expect this will have a major influence on diet patterns in Africa. The Peanut Innovation Lab is at the forefront of this work and is poised to play a major role in helping to alleviate hunger.