

Peanut Blog

An ounce of information



People who shouldn't eat peanuts should know this to avoid trouble

Peanuts are a familiar food in Vietnamese meals. This nut provides plant-based protein, unsaturated fats, fiber, and many minerals. However, it's not suitable for everyone.

Dr. Ngo Duc Phuong, Director of the Institute of Traditional Medicine , stated that the greatest value of peanuts lies not in their medicinal properties but in their quality nutritional value when used appropriately.

Peanuts contain about 40-50% oil, mostly unsaturated fatty acids that are good for the body, especially oleic acid and linoleic acid. In addition, this common food source is rich in protein, vitamin E, folate, magnesium, potassium, and powerful antioxidants such as resveratrol and phytosterols.

Numerous scientific studies have shown that adding nuts, including peanuts, in moderate amounts to the daily diet can help reduce the risk of cardiovascular disease and improve the overall quality of the diet.

Although peanuts are considered the "king of nutrition," there are certain groups of people who should limit or avoid this nut.

People who are allergic to peanuts.

People allergic to peanuts should completely avoid this food and products containing peanut ingredients. Allergic reactions occur when the immune system reacts to proteins in peanuts, causing symptoms such as hives, itching, swelling of the lips or tongue, abdominal pain, vomiting, and diarrhea.

In severe cases, patients may experience shortness of breath, low blood pressure, and anaphylactic shock, which can be life-threatening. The U.S. Food and Drug Administration (FDA) warns that food allergies can develop rapidly and severely.

Individuals diagnosed with peanut allergy should carefully read food labels, paying attention to the potential presence of peanuts in confectionery, sauces, and processed products. They should not attempt to eat peanuts again to test for a reaction. If shortness of breath, throat swelling, dizziness, or signs of anaphylaxis occur after eating, immediate medical attention is required.

People with kidney disease need to limit potassium or phosphorus intake.

Peanuts contain protein, potassium, and phosphorus. For people with chronic kidney disease, especially when kidney function is significantly impaired or blood potassium and phosphorus levels are elevated, peanut intake may need to be adjusted.

However, not all people with kidney disease need to avoid peanuts. The extent of restriction depends on the stage of the disease, test results, treatment methods, and individual nutritional needs. Arbitrarily eliminating many nutrient-rich foods can lead to an unbalanced diet.

People with kidney disease should consult their doctor or a nutritionist about the appropriate amount of peanuts to consume, rather than completely eliminating them without a doctor's prescription.

People who need to control their weight.

Peanuts are high in unsaturated fats but are also a high-energy food. Eating too many, especially when the total energy intake from meals already exceeds your needs, can make weight management difficult.

Overweight, obese, or weight-loss individuals don't necessarily need to eliminate peanuts from their diet. Instead, they should control portion sizes, prioritize boiled or roasted peanuts without salt, and limit those coated in sugar, high in salt, or processed with excessive oil. Patients with gastric ulcers, chronic gastritis, and chronic inflammatory bowel disease.

Such patients often experience symptoms like chronic abdominal pain, diarrhea, or indigestion and should eat small, frequent, bland, and low-fat meals. Peanuts, being a nut with high protein and fat content, are difficult to digest and absorb, so such patients should avoid eating them.

Notes on using peanuts.

Peanuts that are moldy, discolored, or have an unusual smell or taste should be discarded. Some types of mold can produce aflatoxin, a toxin that damages the liver and increases the risk of liver cancer with prolonged exposure.

Peanuts can become contaminated with aflatoxin if the growing, harvesting, or storage conditions are unsuitable. Roasting or cooking them at home does not guarantee the complete removal of toxins already present in the food. Therefore, you should not try to reuse moldy peanuts by roasting or processing them for consumption.

Minh Hoa (compiled from Vietnamnet, Health & Life, and Labor)

Source: <https://www.vietnam.vn/en/nhung-nguoi-khong-nen-an-lac-biet-ma-tranh-keo-ruoc-hoa>