

## Nutritional and Health Benefits of Groundnut

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Groundnuts (*Arachis hypogaea* L.) are a legume that originated in South America. They are classified as legumes along with foods like green peas, soybeans, and lentils. There are many other names of Groundnuts such as peanuts, manilla nut, goober and monkey nut. The groundnut plant likely originated in South America in Brazil or Peru. Scientists have found 3,500 year old pottery in the shape of groundnuts, as well as decorated with groundnuts, in South America.

Globally, Groundnut covers 327 lakhs hectares with the production of 539 lakh tones with the productivity of 1648 kg per hectare (FAOSTAT 2021). In India, with annual all season coverage of 54.2 lakh hectares, globally, India rank first in groundnut area under cultivation and is the second largest producer in the world with 101 lakh tones with productivity of 1863 kg per hectare. ([agricoop.nic.in](http://agricoop.nic.in))

### Uses

Groundnut seed can be consumed raw (non-heated), boiled, and roasted and also used to make confections and its flour to make baked products. The groundnut shells are used for making particle boards or used as fuel or filler in fertilizer and feed industry. Groundnut haulms constitute nutritious fodder for livestock.

### Nutrition

Groundnuts are abundant in protein, healthy fats and dietary fibre. Groundnuts are immensely rich in potassium, calcium, phosphorus and B vitamins which offers you with a host of health benefits. Groundnuts are a great blend of healthy fats, protein and fibre that curbs your appetite, lowers the risk of heart disease and regulates blood glucose levels

### Nutritive value

- Calories - 567 kcal
- Carbohydrate - 16gram
- Fiber - 9 gram
- Protein - 26 gram
- Total fat - 49 gram
- Iron - 6 gram
- Folate - 350 mg



### Health benefits

**1. Heart Health:** Much attention has been paid to walnuts and almonds as “heart-healthy” foods, given their high content of unsaturated fats. But research suggests that groundnuts are every bit as good for heart health as more expensive nuts. It help prevent heart disease by

lowering cholesterol levels. They can also stop small blood clots from forming and reduce your risk of having a heart attack or stroke.

**2. Weight Loss:** Foods with a lot of protein can help you feel full with fewer calories. And among nuts, groundnuts are second only to almonds when it comes to protein count. Studies have shown that people who include a moderate amount of groundnuts in their diet will not gain weight.

**3. Longer Life Span:** Eating groundnuts might help you live longer too. A large-scale study found that people who regularly ate any kind of nuts (including groundnuts) were less likely to die of any cause than were people who rarely ate nuts.

**4. Reduce the risk of cancer:** Unsaturated fats, certain vitamins and minerals, and the bioactive components have shown to have cancer preventive effects, which are all packaged into a groundnut kernel

**5. Reduce the risk of diabetes and inflammation:** The reduced risks of diabetes by a quarter when groundnuts were incorporated in diet on a daily basis. Magnesium and dietary fibers have been attributed as the main contributory factors for improved health status. Inflammatory factors in the blood like C-reactive proteins (CRP) have been identified as predictors of cardiovascular disease. Dietary factors may play a role in reducing inflammation

## Conclusion

Groundnuts are high calorie and high nutrient food. They can be abundantly utilized especially in a country like India Among many traditional dishes in the country through the schemes of Mid-day meal and on the lines of plumpy nut, the under nourished can be feed and the double burden of malnutrition and obesity can be reduced.

## References

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