



## Highly nutritive value of groundnut and benefit for health

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### Abstract

In many parts of India like a different state, peanuts are more commonly known as groundnuts, a reference to the underground location favored by the pods. Peanuts play a vital nutritional role in many parts of Africa, since they are high in protein and healthy fats. In some parts of India, peanuts represent a substantial percentage of the protein available for consumption. There are several important roles for peanuts in many areas of the world. A large percentage of the annual peanut harvest is pressed to yield peanut oil, a pale yellow, neutrally flavored oil with a very high smoking point. Peanut oil is ideal for frying, and is widely used in many countries for this purpose. The nuts are also ground into peanut butter, a creamy spread which is popular with people of all ages. Peanuts can be found for sale whole as well, to be eaten plain, sprinkled onto food, or included in various dishes.

**Keywords:** nutritive value, benefit, health

### Introduction

Groundnuts, also known as peanuts, are considered a very healthy snack. Although small in size it plays a vital nutritional role and contains amazing health benefits. Groundnuts, also known as peanuts, are considered a very healthy snack. Although small in size it plays a vital nutritional role and contains amazing health benefits.

Peanuts contain monounsaturated and polyunsaturated fats that keep the heart healthy. A good level, of both; monounsaturated and polyunsaturated fats results in lowering blood cholesterol levels, and thereby reducing the risk of coronary heart diseases.

### Health benefits of groundnut

1. Maintains cholesterol level
2. Maintains sugar level
3. Improve brain power and memory
4. Clear skin and anti-aging benefits

### Objectives

1. To study the socio-economic status of respondents and assess the nutrition parameter of selected respondents and assess the nutritive parameters of selected respondents.
2. To develop the economical recipes for nutritional benefits of human beings.

### Methodology

The study was conducted in Kanpur district of Uttar Pradesh. Six localities such as Vishnupuri, Govind Nagar, Ratanlal Nagar, Swaroop Nagar and Sarvodaya Nagar were selected in this study. 50 women were selected from each locality in the age group 20-25 years. Thus, total 300 respondents were selected in this study. Dependent and independent variables

such as age, education, caste, nutrition parameters and acceptability etc. were used.

### Results

**Table 1:** Distribution of women according to education

Education	Frequency	Per cent
Up to Primary	4	1.3
Secondary	11	3.7
High School	35	11.7
Intermediate	66	22.0
Graduate	114	38.0
Post graduate & above	70	23.3
Total	300	100.0

Educated women are more aware about benefits of groundnut. They know that health benefits of eating groundnut so that they eat groundnut in their diet. An uneducated woman does not know about the benefits of eating groundnut so that they were eating groundnuts sometimes.

**Table 2:** Distribution of women according to food habits

Food habits	Frequency	Per cent
Vegetarian	211	70.3
Non-vegetarian	89	29.7
Total	300	100.0

A vegetarian diet can be healthy choice for all as long as it's properly planned. The principles of planning a vegetarian diet are the same as planning any healthy diet – provide a variety of foods and include foods from all of the food groups. A balanced diet will provide the right combinations to meet nutritional needs.

**Table 3:** Knowledge of nutrients content of groundnut

Nutrient content of groundnut	Respondents	Nutritive value of groundnut per 100 g
Calcium (mg)	82 (41.0)	93
Carbohydrate (g)	73 (36.5)	16.13
Copper (mg)	20 (10.0)	11.44
Fat (g)	90 (45.0)	49.24
Fiber (g)	70 (35.0)	8.5
Iron (mg)	50 (25.0)	4.58
Magnesium (mg)	55 (27.5)	168
Manganese (mg)	20 (10.0)	1.934
Phosphorus (mg)	45 (22.5)	376
Potassium (mg)	30 (15.0)	705
Zinc (mg)	20 (10.0)	3.27
Protein (g)	65 (32.5)	25.80
Sodium (mg)	12 (6.0)	18

(Figures in parenthesis indicate percentage of respective values)

The groundnut is particularly valued for its protein contents, which is of high biological value. Groundnuts contain more protein than meat – about two and a half times more than eggs, and for more than any other vegetable food except soybean and yeast. The proteins in groundnut are well

balanced, except for slight deficiency in some of the essential amino acids. As it happens, these amino acids are abundant in milk which can be combined with groundnut products for better results.

**Table 4:** Most frequent consumption pattern of groundnut recipe

S. No.	Selected recipe	Daily	Weekly	Seasonally	Monthly
1.	Rice roti	5 (1.7)	38 (12.7)	109 (36.3)	45 (15.0)
2.	Ridge curd curry	6 (2.0)	40 (13.3)	148 (49.3)	50 (16.7)
3.	Potato curry	3 (1.0)	22 (7.3)	157 (52.3)	60 (20.0)
4.	Whole brinjal curry	2 (0.7)	15 (5.0)	56 (18.7)	26 (8.7)
5.	Groundnut omelate	5 (1.7)	35 (11.7)	198 (66.0)	40 (13.3)
6.	Tamarind rice gravy	6 (2.0)	20 (6.7)	98 (32.7)	33 (11.0)
7.	Groundnut vada	4 (1.3)	28 (9.3)	111 (37.0)	36 (12.0)
8.	Hot cornels	5 (1.7)	36 (12.0)	102 (34.0)	40 (13.3)
9.	Groundnut pakodi	4 (1.3)	42 (14.0)	158 (52.7)	52 (17.3)
10.	Groundnut holige	4 (1.3)	26 (8.7)	98 (32.7)	35 (11.7)
11.	Radish chutney	2 (0.7)	3 (1.0)	65 (21.7)	8 (2.7)
12.	Carrot chutney	1 (0.3)	9 (3.0)	70 (23.3)	14 (4.7)
13.	Groundnut halwa	2 (0.7)	15 (5.0)	66 (22.0)	29 (9.7)
14.	Groundnut namkeen	2 (0.7)	20 (6.7)	65 (21.7)	20 (6.7)
15.	Peanut chikki recipe	-	8 (2.7)	86 (28.7)	16 (5.3)
16.	Coriander mint peanut aronet chutney	-	6 (2.0)	80 (26.7)	15 (5.0)
17.	Peanut sundal	-	5 (1.7)	65 (21.7)	18 (6.0)
18.	Groundnut burfi	-	4 (1.3)	90 (30.0)	12 (4.0)
19.	Peanut curd chutney recipe	2 (0.7)	20 (6.7)	146 (48.7)	30 (10.0)
20.	Tomato peanut pachadi	6 (2.0)	38 (12.7)	180 (60.0)	46 (15.3)

(Figures in parenthesis indicate percentage of respective values)

Seasonally 60.0 per cent women respondents especially in winter season were taking groundnut omelate, tomato peanut pachedi, whereas, about 50.0 per cent women were taking stuffed rice roti, potato curry, groundnut pakodi.

### Conclusion

Most of the women consume these crops seasonally, while, women who know nutritive value, health benefits of it and are also aware about these crops, consume these whole of the year, women in U.P. consume these coarse cereals (groundnut, maize, groundnut etc.) only in winters.

### Recommendations

1. Peanuts usefulness in winter season.
2. Peanuts can be used for different diseases such as diabetes, physical weakness, mouth care, feeding mothers, dry skin.

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