

Senate Resolution 1223

By: Senator Burke of the 11th

#### A RESOLUTION

1 Commending the Georgia peanut industry and recognizing March 17, 2014, as Peanut Butter  
2 and Jelly Day at the Capitol; and for other purposes.

3 WHEREAS, peanuts and peanut products are recognized throughout our nation and the  
4 world as an appetizing and nutritious food, providing protein and other nutrients as part of  
5 a well-balanced diet; and

6 WHEREAS, peanuts can help decrease heart disease, and a major new study published in the  
7 New England Journal of Medicine finds that eating nuts daily can reduce death from heart  
8 disease by 29 percent, and even eating peanuts just twice a week can reduce risk by 24  
9 percent; and

10 WHEREAS, peanuts can help lower bad LDL cholesterol while maintaining good HDL  
11 cholesterol, and different components of the peanut, including healthy oils, protein, and fiber  
12 can help reduce cholesterol; and

13 WHEREAS, peanuts can help decrease blood pressure, and a new study published in the  
14 American Journal of Clinical Nutrition shows that eating peanuts regularly helps decrease  
15 blood pressure, especially among individuals with high blood pressure; and

16 WHEREAS, peanuts are a naturally low-sodium food; and

17 WHEREAS, oil-roasted salted peanuts have about eight grams of protein per ounce and  
18 contain more arginine than any other nut. They consist of eight essential nutrients, are an  
19 excellent source of niacin and manganese, and are a good source of fiber, vitamin E,  
20 magnesium, folate, copper, and phosphorus. Peanuts also have potassium, phytosterols,  
21 resveratrol, and healthy fats, all of which may benefit health and may help prevent  
22 cardiovascular disease; and

23 WHEREAS, resveratrol in peanuts is linked to prevention of cancer, aging, Type 2 diabetes,  
24 cardiovascular disease, and now chronic kidney disease; and

25 WHEREAS, a new major study by Harvard showed men and women who ate a handful of  
26 peanuts daily increased longevity. Results were strongest when nuts, including peanuts, were  
27 eaten daily, reducing death from multiple causes by up to 20 percent. Benefits were also  
28 seen when consumed less than once a week, once a week, and two to four times a week with  
29 7 percent, 11 percent, and 13 percent risk reductions respectively. In addition, it was shown  
30 that frequent peanut eaters had lower BMIs and were less likely to gain weight.

31 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE that the members of this body  
32 commend the peanut industry for its outstanding contributions to the economic health of the  
33 State of Georgia and recognize March 17, 2014, as Peanut Butter and Jelly Day at the  
34 Capitol.

35 BE IT FURTHER RESOLVED that the Secretary of the Senate is authorized and directed  
36 to transmit an appropriate copy of this resolution to the Georgia Peanut Producers  
37 Association.