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**Topic:** The first 1000 days, infant feeding, and early childhood development

**Title:** Value of peanuts in early childhood development

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According to different studies the variety of benefits of the early consumption of peanuts is exceptional.

A study of infants where the mothers consumed peanuts during pregnancy showed an increased infant weight.

The LEAP study found that the early consumption of peanut protein reduced of peanut allergies by up to 80%.

Peanut protein is secreted into breast milk following maternal dietary ingestion. Exposure to peanut protein during breast feeding is a route of occult exposure to peanut protein.

Unicef's Supercereal Plus for children 6 -24 moths provides 16g of protein and 419 kcal per 100g. Children above 24 months receive 14g of protein and 380 kcal per 100g.

Gronut, in conjunction with the North West University has developed a peanut maize cereal that has the following properties.

High in protein – 20g/100g

382 kcal

Glycemic Carbohydrates – 61g/100g

Tasty peanut flavor

Precooked

Instant – Just add water or milk

Vitamins added

Long shelf life

Ideal for feeding schemes

Convenient in rural areas

Proudly South African concept/patent