



13 March 2006

European Commission
Directorate-General Health and Consumer Protection
Unit C4 – Health Determinants
L-2920 Luxembourg

Submission sent by email:

SANCO-C4-NUTRITIONGREENPAPER@cec.eu.int

Dear Sirs

The American Peanut Council (APC) is a US not-for-profit trade association that represents the peanut industry in international organisations and committees. APC has members in EU Member States and has had a European office in London for the past 20 years. It maintains contact with European industry and trade organisations, conducts promotional programmes, disseminates research results and monitors technical and regulatory issues. As an economic operator, APC is pleased to make a response to the European Commission's Green Paper *Promoting healthy diets and physical activity: a European dimension for the prevention of overweight, obesity and chronic diseases*.

We note that the Commission has called for “concrete and evidence-based proposals for policy building mainly at EU level. In particular, responses are expected from economic operators on issues within their specific area of interest (e. g. advertising and marketing, labelling...)”. In the attached response to the specific questions posed in the Green Paper, we have identified some actions that could be taken to promote simple and affordable healthy food and lifestyle choices being available in the marketplace and accessible to consumers. Peanuts and other nuts should be part of this overall healthy pattern of consumption, as recommended by World Health Organisation/FAO joint report in 2003.

To address the specific issue of obesity a review was commissioned of the scientific literature to provide an overview of the potential for peanuts as an aid to weight management. This review will be useful to health professionals, policy makers and educators by highlighting the potential beneficial role that a convenient snack food such as peanuts can have within a healthy diet for both cardiovascular protection and weight management. These serious health risks are, of course, conjoined in the public health challenge of type 2 diabetes now facing Member States. This review is highly relevant to the objectives of the Green Paper and the European Platform for Action on Diet, Physical Activity and Health. A copy of this review “The potential role of peanuts in the prevention of obesity” (Higgs J. *Nutrition and Food Science*, 2005; 35(5): 353-358) is attached as a PDF file.

Grosvenor Gardens House
35-37 Grosvenor Gardens
London SW1W 0BS

Tel: +44 (020) 7828 0838
Fax: +44 (020) 7828 0839
E-mail: info@peanutsusa.org.uk

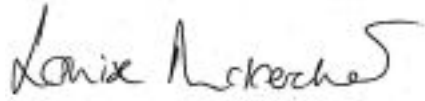
1500 King Street, Suite 301
Alexandria, Virginia 22314
USA

Tel: +1 (703) 838 9500
Fax: +1 (703) 838 9508
E-mail: info@peanutsusa.com

APC hopes that these views and the information in the scientific review will be helpful to the consultation. We would like to be kept informed of developments in this area.

Please do not hesitate to contact us should you have any questions on this submission.

Yours sincerely



Louise McKechar (Mrs)
European Marketing Director
American Peanut Council, London



Andrew Craig
Health Education Consultant

Grosvenor Gardens House
35-37 Grosvenor Gardens
London SW1W 0BS

Tel: +44 (020) 7828 0838
Fax: +44 (020) 7828 0839
E-mail: info@peanutsusa.org.uk

1500 King Street, Suite 301
Alexandria, Virginia 22314
USA

Tel: +1 (703) 838 9500
Fax: +1 (703) 838 9508
E-mail: info@peanutsusa.com

This paper represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumer Protection DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.