

Peanuts, Peanut Butter, Aflatoxin, and Cancer

"The ratio of omega-6 to omega-3 oils is terribly important to health."

"The worst offenders are safflower oil and peanut oil (with extremely high omega-6 to omega-3 ratios), cottonseed oil, sunflower oil, sesame oil, and corn oil." p. 51

"Peanuts are forbidden. They are not nuts at all; they are legumes—and legumes contain lectins and other antinutrients that can adversely affect your health." p. 126

The Paleo Diet

Loren Cordain, PhD

Professor in the Health and Science Department at Colorado State Univ.
Wiley, 2002

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Aflatoxin is a mold toxin. p. 5

"Aflatoxin has been called one of the most potent carcinogens ever discovered." p. 5

"Peanuts often were contaminated with a fungus-produced toxin called aflatoxin." p. 34

Aflatoxin "was said to be the most potent chemical carcinogen ever discovered." p. 34

Peanuts and corn are the foods most contaminated with aflatoxin. p. 35

"All 29 jars of peanut butter we had purchased in the local groceries were contaminated with levels of aflatoxin as much as 300 times the amount judged to be safe in US food." p. 35

The worst, moldiest peanuts are "delivered to the end of the conveyor belt to make peanut butter." p. 35

The China Study

T Colin Campbell, PhD

Professor Emeritus of Nutritional Biochemistry at Cornell University
Co-author of the largest and most comprehensive epidemiological study ever published on human health and nutrition, the China Study.
Benbella Books, 2004