

Peanut health challenge outcome in children



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Abstract

Peanuts or groundnuts as known in some parts of the world are the edible seeds of a legume. It is well off protein, lipid and fatty acids composition. However, peanut is an allergen which can lead to a dangerous anaphylactic outcome once consumed by allergic patients. For children, peanut remains the greatest foreign body ingested in the airway tract and play a major responsibility of many complications such as recurrent pneumonia, chronic cough and subcutaneous emphysema. It is for medical practitioner to educate the community in this regard so that some lives can be maintained.

Keywords: Peanut; Children; Health outcome

Introduction

The peanut is an Arachis hypogaea family, known and grown in the tropical and subtropical parts of the world as an important food or additives food such as peanut butter or vegetable oils well off protein, lipid and fatty acids composition essential for strenuous activity [1,2]. Therefore, peanut is using as a preventive food to compete malnutrition in developing countries. Apart the containing of protein, lipid and fatty acids composition, peanut is full of vitamin A and D [3,4]. It was shown in a study carried out by Fatema Akter et al. [5] about Effect of Peanut (Arachis Hypogaea L.) On Fasting Blood Glucose and HbA1c in Alloxan Induced Diabetic Male Rats in 2014 that peanut deals an effect as an anti-diabetic by its content on mono-unsaturated fatty acid and free radical scavenging activity might be a key causer of reducing the rate of glucose and the levels of HbA1c in the blood and can increase the rate of high-density lipoprotein which is a protector of heart disorders [5-6].

It is not prudent to carry peanuts to a fewer than four years old child, due to their inability to chew the nut and being able to swallow it safely. Consumption of whole peanuts proves fatal for some kids when it is ingested into the airway tract. One-third of inhaled foreign bodies are vegetables especially nuts and generally peanuts [7]. Foreign body inhaled is greatly frequent in children under three years old and can be associated to poor coordinate swallowing. Delay in diagnosis of an ingested peanut is due to respiratory complications such as recurrent pneumonia, chronic cough and subcutaneous emphysema [7-8] which are fatal if a quick and appropriate management is not established. The American Academy of Pediatrics suggests the parents using peanut but

ter [9]. Otolaryngologists should take the responsibility of educating the community in this regard; hence at least a few lives can be saved. Peanut was shown as a cause of ileus in a survey done by Sekulic S et al. [10] about peanut as a cause of torsion meckel's diverticulum in Serbia [10].

Conclusion

Peanut is an edible seed of a legume and uses as food or food additives and uses as Plimpynutin the therapy of malnutrition for rapid recovery and gain of health. Despite its importance in health, peanut has many complications on children's health outcomes. The education of the community in how to keep children far from peanut is important to save few lives.

Competing Interests

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Authors Contributions

All authors contributed equally.

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