



A weekly insight into Nutrition

## INSIDE NUTRITION: NUTS OVER PEANUT BUTTER November is Peanut Butter Lovers Month!

It's time to get nutty with Peanut Butter this month. Peanut butter is simply roasted peanuts ground into a paste, making it a good source of protein. Peanut butter contains folate, vitamin E, magnesium and resveratrol, all nutrients associated with reduced risk of heart disease. Magnesium is also associated with reduced risk of adult-onset diabetes.

Many people tend to shy away from peanut butter because of its fat content. Yes, peanut butter is calorie-dense but it can beneficially fit into your diet and may actually help your nutrition plan. A Purdue University study reports subjects who ate peanuts every day did not overeat daily calories, and peanut eaters tend to naturally eat less at other times of the day.

### Which kind is right for you?

There are several different styles of peanut butter that offer different textures, tastes, and nutritional content.

- The textures vary between smooth, chunky, or crunchy and different styles may serve different purposes!
- Manufacturers may add small amounts of salt, sugar, or honey to give the product a different flavor. These ingredients will typically alter the sodium and sugar content so check the nutrition label.
- Reduced-fat and fat-free varieties are also available, but they may not be lower in calories, so don't always reach for this kind first.
- Commercial peanut butter contains a small amount of trans fat to help prevent the oils from separating, but to eliminate the intake of trans-fat you can buy all natural peanut butter. If you don't like the way the oil separates to the top of the jar, just store the jar upside down!

#### Recipe: Chocolate Banana Peanut Butter Smoothie

##### Ingredients:

- 1 cup fat-free chocolate milk or low-fat chocolate soy milk
- 1 ripe banana
- 1 tablespoon peanut butter
- 4 to 6 ice cubes

##### Directions:

Combine all the ingredients in a blender or a food processor; blend until smooth.

##### Nutrition Facts:

330 Calories, 13g Fat, 44g Carbohydrates, 4g Fiber, 15g Protein, 180mg Sodium



## HEALTHY MONDAY TIP

Try eating six small meals instead of three big ones each day this week.  
You'll boost your energy level and lose weight, too.

Try it – and have a Healthy Monday!