

# THE AMAZING Peanut Butter Diet

With this luscious diet, you get to eat peanut butter every day while you lose up to 25 lb in a year—and help your heart

by Colleen Pierre, RD

**a**dmit it, America: We're totally nuts about peanut butter. As a nation, we downed almost 800 million pounds of the heavenly stuff last year—a lot of it straight from the jar.

But until now, eating peanut butter has been a stealthy pleasure if you're health conscious. So many clients who visit my nutrition counseling office crave that flavor but are terrified of the 190 calories and 16 g of fat in every 2-tablespoon serving.

If this is you, here's great news: Recent research now proves that peanut butter is actually very, very good for you. Its healthy mono-unsaturated fat—eaten as the main fat in a sensible diet—can lower your risks for heart disease and diabetes. *And* help you lose weight. We've got studies to prove it!

But adding peanut butter to your diet is tricky. Go overboard, and you gain weight—*quickly*. So we've created The Peanut Butter Diet.

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# The Amazing Peanut Butter Diet

It's an easy, luscious, 5-day eating plan (starting on p. 4) that lets you indulge in 4 to 6 tablespoons of peanut butter every day—guilt-free!

Remember when you thought rice cakes were diet salvation, but were always hungry? Let The Peanut Butter Diet come to your rescue.

## Satisfaction Guaranteed

On this dream-come-true eating plan, we've built in a richly satisfying 30 to 35% of calories from fat, mostly monounsaturated fat from peanut butter. Yet we hold the line at 1,500 nutrition-packed calories for women and 2,200 for men. This means that most of you can drop about ½ lb a week—or 25 lb in a year! And you'll still be satisfying your deepest cravings.

The key to making this miracle work is portion control. On this plan, women get two peanut butter servings (of 2 level tablespoons each) every day. Men get *three* servings! And we've devised The Golf Ball Trick (see p. 6), a quick way to measure a 2-tablespoon serving every time, so you can enjoy peanut butter and still drop pounds.

This plan is so simple: You work peanut butter into meals and snacks in no-fuss ways, such as spreading it on toaster waffles. It's okay to choose homogenized instead of natural peanut butter, if you prefer. (See

“Can Homogenized PB Pass Our Test?” on p. 7 for the reasons why.) You should also add a 300- to 500-mg calcium supplement to make sure you meet calcium needs.

## Weight and See

How do we know this will work? In a study at Brigham and Women's Hospital in Boston, researcher Kathy McManus, RD, divided 101 overweight people into two groups. One group limited fat to a very low 20% of calories. The other group ate monounsaturated fat foods such as peanut butter, nuts, olive oil, and avocados, which boosted their fat total to a rich 35% of calories. Both groups got the same calories: 1,200 for women and 1,500 for men. The results? Both groups lost about 11 lb in the first 6 weeks.

But twice as many peanut butter dieters stuck it out, and they maintained their weight for 18 months. The low-fat group had double the dropouts, and those who stayed regained about 5 lb. Why? “Taste is first,” says McManus. “People have to enjoy what they eat to stick with it.”

## The Heart of the Matter

An even healthier surprise awaits peanut butter dieters: Eating peanut butter appears to be almost twice as good for your heart as a very low fat diet.

A study at Pennsylvania State University in State College proved last year



that diets high in peanuts—and rich in monounsaturated fat—were just as good at lowering total cholesterol and bad LDL cholesterol as very low fat diets. But a very low fat diet also *raised* heart-threatening triglycerides by 11%, while the peanut diet *lowered* them by 13%.

The net effect? The peanut butter diet lowered heart disease risk by a whopping 21%, while the very low fat diet lowered risk by only 12%. What a bonus!

“Our study shows that people can eat some of their favorite foods, such as peanuts and peanut butter, and achieve even better results than with a low-fat diet,” says lead researcher Penny Kris-Etherton, PhD.

And the American Heart Association agrees. In brand-new diet guidelines, here’s the diet they prescribe for “Syndrome X” (a cluster of problems that include diabetes or glucose intolerance, high blood pressure, and high triglycerides): “For individuals diagnosed with the syndrome, it may be desirable to avoid very low fat, high-carbohydrate diets, and to emphasize unsaturated fats ... .” Our Peanut Butter Diet fits

that prescription perfectly!

## PB to the Rescue

Afraid once you start eating peanut butter you won’t be able to stop? One of my patients admitted to eating half a jar at a sitting. (Sound familiar?) It turns out that she turned to peanut butter at the end of the workday after skipping all her other meals. No wonder she lost control! But peanut butter loses its trigger status once my patients return to regular meals and snacks and move peanut butter from the “no” list to the “daily” list.

You may eventually find that peanut butter cravings hit only occasionally. When they do, try a day or two of Peanut Butter Diet menus to satisfy your craving without gaining weight.

**You can also create your own peanut butter menus with the formula on p. 13.**

Now turn the page, and have a look at our delicious Peanut Butter Diet. Peanut butter is yummy food for healthy people. •

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*Colleen Pierre is a registered dietitian who lost her baby fat after each of her children was born by eating a peanut butter sandwich with fat-free milk, carrots, and an apple for lunch.*

# The Amazing Peanut Butter Diet

## MON

### BREAKFAST

**PB Oatmeal:** Stir up  $\frac{1}{4}$  c dry old-fashioned oats,\*\*

1 c fat-free milk, and 4 dried apricot halves, cut in quarters.

Microwave for 3 minutes, then stir in 2 Tbsp chunky peanut butter and  $\frac{1}{4}$  tsp ground cinnamon.



### LUNCH

Toss 2 c mixed salad greens,  $\frac{1}{2}$  c canned kidney beans\*\* (rinsed and drained), and a small chopped pear with 2 tsp extra virgin olive oil, 2 tsp balsamic vinegar,  $\frac{1}{4}$  tsp dried basil, and a sprinkle of garlic powder. 1 slice multigrain bread.\*\*\*

### SNACK

$\frac{1}{4}$  c tomato juice.

### DINNER

Stir-fry 2 oz lean pork tenderloin with  $\frac{1}{2}$  c each snow peas, broccoli florets, and slivered red bell peppers in 1 tsp peanut oil. Season with 1 Tbsp low-sodium soy sauce and 1 tsp Asian five-spice powder. Serve over  $\frac{1}{2}$  c cooked brown rice.\*\*\*

### TREAT

**PB Pudding:** In a microwavable dessert dish, microwave 2 Tbsp peanut butter\*\* until melted (about 1 minute). Quickly stir in  $\frac{3}{4}$  c fat-free plain yogurt. Top with a small sliced banana.



**DAY'S TOTAL:** 1,500 cal, 76 g pro, 199 g carb, 55 g fat, 10 g sat. fat, 26 g mono fat, 37 g fiber, 1,993 mg sodium, 808 mg calcium



## HOW DEEP IS YOUR LOVE?

"Have you ever eaten peanut butter directly from the jar?"

We asked this question of visitors to our Web site, [www.prevention.com](http://www.prevention.com). Here's what they said:

**1,094— Yes, I stick my finger right in the jar.**

**2,735— Yes, I spoon it directly into my mouth.**

**438— No, I measure out careful servings.**

**403— No, I hate peanut butter.**

Key: \*\* and \*\*\*: Men, to boost your calories to about 2,200, double each food marked with \*\*  
\*\*, and triple each food marked with \*\*\*.

# TUE

## BREAKFAST

1 c Multi-Bran Chex\*\* with ½ c frozen wild blueberries and 1 c fat-free milk.

## LUNCH

Toss 1 c salad greens, ¼ c shredded carrots, ¼ c shredded red cabbage, ½ avocado cut in chunks, and 1 Tbsp chopped hazelnuts with 1 tsp extra virgin olive oil and 2 tsp balsamic vinegar. Stuff into a small whole wheat pita pocket. 1 c fat-free plain yogurt.

## SNACK

**PB Apple: Slice a red Delicious apple, and spread with 2 Tbsp peanut butter.**

## DINNER

Sauté 2 oz thinly sliced lean eye of round beef,\*\*\* 1 small sliced yellow onion, 1 large sliced portabella mushroom, and 1 minced clove garlic in 1 tsp olive oil. Serve with 5 steamed frozen asparagus spears and a small baked sweet potato\*\* dusted with pumpkin pie spice.

## TREAT

**PB Granola Bar: Spread a fat-free date-almond granola bar\*\* with 2 Tbsp peanut butter.\*\***

**DAY'S TOTAL: 1,535 cal, 73 g pro, 218 g carb, 55 g fat, 11 g sat. fat, 28 g mono fat, 34 g fiber, 1,493 mg sodium, 890 mg calcium**



# WED

## BREAKFAST

**PB Shake: In a blender, whip together 1 c fat-free milk, 1 small ripe banana, 2 Tbsp toasted wheat germ,\*\* and 2 Tbsp peanut butter.**

## LUNCH

1 c instant black bean soup and ½ c raw broccoli florets.  
½ c grapes.

## SNACK

1 c calcium-fortified orange juice.

## DINNER

3 oz broiled salmon,\*\* ½ c cooked whole wheat couscous,\*\*\*



# The Amazing Peanut Butter Diet

## WED continued

1 c brussels sprouts, and 1 c yellow squash cooked in 3 tsp olive oil.

### TREAT

**PB Muffin:** Toast  $\frac{1}{2}$  whole wheat English muffin,\*\*\* and spread with 2 Tbsp peanut butter.\*\*



**DAY'S TOTAL:** 1,536 cal, 78 g pro, 195 g carb, 60 g fat, 11 g sat. fat, 28 g mono fat, 36 g fiber, 1,708 mg sodium, 988 mg calcium

## THURS

### BREAKFAST

1 egg (or  $\frac{1}{4}$  c egg substitute) scrambled with  $\frac{1}{4}$  c each chopped green bell pepper and onions (frozen is fine) in 1 tsp canola oil. Season with salt and pepper. 2 clementines and  $\frac{1}{2}$  whole grain English muffin,\*\*\* toasted.

### LUNCH

Open-faced tomato melt: Top 1 slice whole wheat bread\*\* with 1 thick slice fresh tomato\*\* and 1 slice reduced-fat Cheddar cheese.\*\* Broil in a toaster oven until cheese melts. 1 medium banana.

### SNACK

**PB Celery:** Stuff a large celery rib\*\* with 2 Tbsp peanut butter.\*\*

### DINNER

Cook 1 c dry whole wheat macaroni,\*\* then top with 1 c low-fat mushroom-and-pepper pasta sauce. Add 12 large steamed shrimp\*\* and 2 Tbsp grated Parmesan cheese. Toss 2 c salad greens with 2 tsp extra virgin olive oil and 1 Tbsp balsamic vinegar.

### TREAT

**PB Dates:** Fill 4 large dates with 2 Tbsp peanut butter.

**DAY'S TOTAL:** 1,495 cal, 72 g pro, 183 g carb, 62 g fat, 14 g sat. fat, 29 g mono fat, 30 g fiber, 1,947 mg sodium, 661 mg calcium



## THE GOLF BALL TRICK

Here's the quick way to scoop out 2 level measuring tablespoons of peanut butter: Use a kitchen teaspoon to scoop out a glob the size of a golf ball.



Key: \*\* and \*\*\*: Men, to boost your calories to about 2,200, double each food marked with \*\*, and triple each food marked with \*\*\*.

# FRI

## BREAKFAST

**PB Waffles:** Toast 2 whole grain waffles, \*\* then spread with 2 Tbsp peanut butter. \*\* Top with ½ c thawed, mashed frozen strawberries.



## LUNCH

Toss 2 c baby spinach, ¼ c sliced red onion, 5 grape tomatoes, and 2 oz flaked white water-packed tuna\*\* with 1 tsp extra virgin olive oil and 2 tsp red wine vinegar. Season with freshly ground black pepper and ¼ tsp dried oregano. 1 navel orange.

## SNACK

2 whole wheat cinnamon graham crackers\*\*\* and a kiwifruit.

## DINNER

Sauté ½ c sliced yellow onion and 2 oz diced chicken breast\*\* in 2 tsp olive oil. Stir into 1 c cooked wild rice. \*\* Top with ½ Tbsp toasted chopped pecans. Serve with 1 c cooked carrots.

## TREAT

**PB Sundae:** Microwave 2 Tbsp peanut butter for about 1 minute (until melted). Drizzle over ½ c fat-free frozen yogurt.

**DAY'S TOTAL:** 1,534 cal, 72 g pro, 184 g carb, 61 g fat, 11 g sat. fat, 28 g mono fat, 29 g fiber, 1,230 mg sodium, 698 mg calcium

**FOR MORE FABULOUS RECIPES** such as Baked Chicken Fingers with Peanut Butter Dipping Sauce, turn the page. ►



## CAN HOMOGENIZED PB PASS OUR TEST?

**True or false?** Homogenized peanut butter is full of trans fats (known to raise cholesterol) and added sugar. So natural peanut butter (the kind you mix) is a healthier choice, right?

For an answer, *Prevention* had a laboratory measure trans fats in four homogenized brands: Jif, Peter Pan, Skippy, and Finast (a supermarket label). In fact, all four brands tested ultralow in trans fats: more than 100 times lower than 0.5 g per 2-tablespoon serving. Under a proposed label law, foods with less than 0.5 g trans fats per serving can

actually claim 0 g of trans fats on labels. Natural brands, however, are totally trans-free.

For sugar content, we compared labels. Per 2-tablespoon serving, natural brands contain an average of 2 g of sugar. But homogenized brands contain only 3 g. This is a negligible difference.

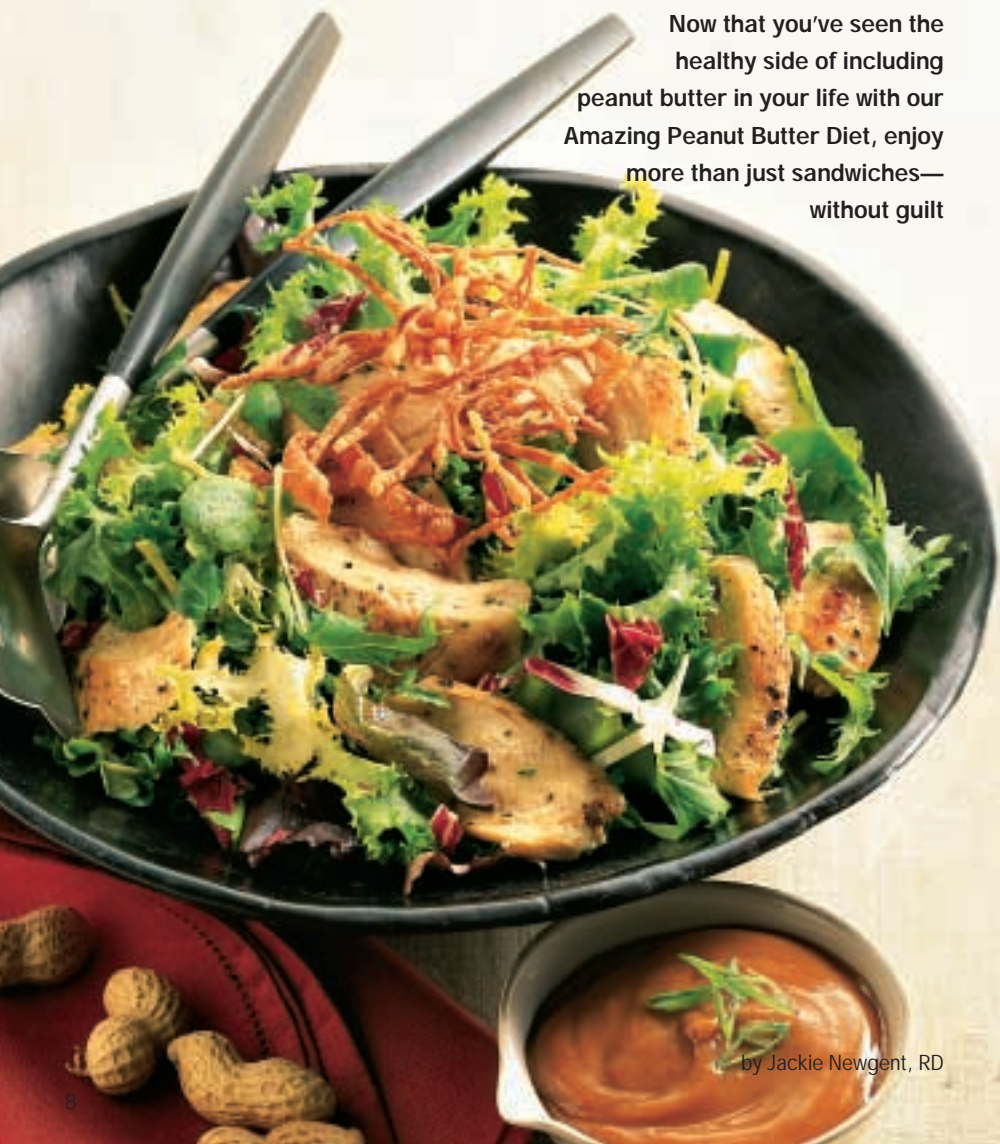
So choose natural or homogenized, whichever you like. But we don't recommend reduced-fat peanut butter; you get less monounsaturated fat, and you save few, if any, calories! •



Produced by Regina Ragone, RD,  
with the *Prevention* Test Kitchen

# The Peanut Butter Diet

Now that you've seen the healthy side of including peanut butter in your life with our Amazing Peanut Butter Diet, enjoy more than just sandwiches—without guilt



by Jackie Newgent, RD



**SERVE WITH:**

Fresh orange segments and hot or iced green tea.

# Chinese Chicken Salad with Peanut Butter Dressing

Once you try this Asian-inspired salad, it will become a mainstay of your meal repertoire. It's also a great way to use leftover grilled or baked chicken breasts.

## Peanut Butter Dressing

- 2 tsp peanut oil
- 2 tsp toasted sesame oil
- ¼ c creamy peanut butter (w/salt)
- ¼ c rice vinegar
- Juice of 1 lime
- 1½ Tbsp soy sauce
- 1 Tbsp honey
- 1 clove garlic
- 1 Tbsp chunk fresh ginger (or 1 tsp ground ginger)
- 1 tsp chili powder

## Chinese Chicken Salad

- 4 small (approx 14 oz total) grilled or baked boneless, skinless chicken breast halves, sliced into long, bite-size pieces
- 8 c mesclun or other mixed lettuce greens
- ¼ c chopped fresh cilantro

*continued on p.12*

**per serving**

348 cal, 37 g pro, 15 g carb, 16 g fat, 3 g sat. fat, 7 g mono. fat, 83 mg chol, 4 g fiber, 628 mg sodium



**SERVE WITH:**

Turkey breast sandwich on whole grain bread and a tall glass of fresh-squeezed lemonade.

## Creamy Gingered Carrot Soup

Here's a carrot soup made velvety from potatoes and milk and made spicy by peanut butter.

- 1 Tbsp peanut oil
- 1 lb baby carrots
- 2 ribs celery, chopped
- 1 lg white or yellow onion, sliced
- 4½ c water
- 2 c fat-free milk
- 1 lb baking potatoes, peeled and sliced (about 2 lg potatoes)
- ⅓ c creamy peanut butter (w/salt)
- 2 Tbsp minced fresh ginger (or 2 tsp ground ginger)
- 1½ tsp salt
- 1½ tsp white pepper

1. Place a stockpot over low heat; add the oil, carrots, celery, and onion; cover. Stir occasionally for 8 minutes, or until the onions are translucent.
2. Add the water, milk, potatoes, peanut butter, ginger, salt, and pepper. Cover, and bring to a boil. Reduce the heat. Simmer, uncovered, until the veggies are tender, about 25 minutes.
3. In a blender, puree the soup in batches. Return the pureed soup to the clean stockpot. Adjust the seasonings. Heat through over low heat. **Makes 6 servings**

**per serving**

232 cal, 9 g pro, 30 g carb, 10 g fat, 2 g sat. fat, 5 g mono. fat, 1 mg chol, 5 g fiber, 732 mg sodium

**SERVE WITH:**

Brown rice pilaf, asparagus, and real fruit juice.



## Oven-Fried Chicken Fingers

To make this party-time favorite, we've used peanut oil to perk up the "good" monounsaturated fat. Serve these garlicky finger lickers with our Tropical Peanut Butter Dipping Sauce.

- 2½ Tbsp peanut oil\*
- ¾ c all-purpose flour
- 1½ tsp garlic salt
- ½ tsp ground red pepper
- ½ tsp ground black pepper
- 1 lg egg + 2 lg egg whites
- 2 Tbsp cold water
- 1 c unseasoned dried bread crumbs (made from unbleached wheat flour)
- 1 lb boneless, skinless chicken breasts, sliced into about 16 long strips, or 1 lb presliced chicken-breast fingers

1. Preheat the oven to 400°F. Pour the oil into a 13" x 9" baking dish.

- 2. In a shallow bowl, combine the flour, ½ teaspoon of the garlic salt, and the peppers. In a second shallow bowl, whisk the egg and egg whites with the cold water. In a third shallow bowl, mix the bread crumbs with ½ teaspoon of the garlic salt. Season the chicken with the remaining ½ teaspoon garlic salt. Dip the chicken into the flour mixture, then into the egg mixture, then roll it in the bread crumb mixture.
- 3. Place the chicken in the baking dish, and

**per serving**

481 cal, 44 g pro, 38 g carb, 16 g fat, 4 g sat. fat, 7 g mono. fat, 148 mg chol, 1 g fiber, 914 mg sodium

# QUICK TIPS

## FOR GETTING YOUR DAILY DOSE OF PEANUTS AND PEANUT BUTTER

**A small portion goes a long way!**



- Melt peanut butter on warm bagels or waffles
- Create your own peanut butter sandwich with: banana slices, shredded carrots, fresh berries, cucumbers and raisins
- Add peanuts to your cereal or yogurt for added nutrients



- Dip celery, apples, or carrots in peanut butter
- Toast peanuts and sprinkle them on your salad for extra crunch
- Put a 1 oz. bag of peanuts in your briefcase or your child's backpack for a healthy snack
- Combine peanuts with dried fruit and put in baggies for an on-the-go snack

turn to coat with the oil. Bake for 22 to 25 minutes, rotating after 15 minutes. Meanwhile, prepare the Tropical Peanut Butter Dipping Sauce (p. 13) or other sauce of choice. Serve warm or at room temperature with the dipping sauce.

**Makes 4 servings**

\*For an extra-crispy, lower-fat option, instead of using peanut oil, just coat the chicken with butter-flavored cooking spray prior to baking.

**Per serving without peanut oil:** 405 cal, 44 g pro, 38 g carb, 7 g fat, 2 g sat. fat, 3 g mono. fat, 148 mg chol, 1 g fiber, 914 mg sodium

### *Chinese Chicken Salad with Peanut Butter Dressing continued from p. 9*

1. To make the dressing: In a blender or food processor, puree the oils, peanut butter, vinegar, lime juice, soy sauce, honey, garlic, ginger, and chili powder.
2. To make the salad: Mix the ingredients. Just before serving, toss the salad with the dressing. Garnish as desired.

**Makes 4 servings**

#### **GARNISH SUGGESTIONS:**

##### **Baked wonton strips:**

Slice 6 wonton wrappers into narrow strips; place on a large baking sheet sprayed with butter-flavored cooking spray. Bake at 400°F for 5 minutes, or until golden brown. Let them cool on a baking pan.

##### **Honey roasted peanuts.**

**Green onions** thinly sliced on a diagonal.

# Tropical Peanut Butter Dipping Sauce

A quick-to-fix dip packed with phytochemicals and fruity flavor. This is also a great dip for raw vegetables or cut fruit.

- ¼ c creamy peanut butter (w/salt)
- ¼ c apricot fruit spread
- ¼ c papaya or other tropical fruit juice
- ¼ tsp orange peel
- Fresh cilantro (garnish)

Serve warm with a fresh cilantro garnish.  
Makes 4 servings



Mix the peanut butter, fruit spread, fruit juice, and orange peel in a saucepan. Place over medium-high heat, stirring until the mixture just starts to bubble. Remove from the heat.

### per serving

154 cal, 4 g pro, 19 g carb, 8 g fat, 2 g sat. fat, 4 g mono. fat, 0 mg chol, 1 g fiber, 82 mg sodium

FOODPIX

## Lose Weight with—Surprise!—Peanut Butter

See “The Amazing Peanut Butter Diet” on p. 1 to learn how eating this yummy spread every day can actually help your waistline and your heart. Then create your own weight loss menus with this daily formula. It features 30 to 35% of calories from mostly monounsaturated fat, about 1,500 calories for women, and about 2,200 calories for men.

FOOD GROUP	SERVINGS FOR WOMEN	SERVINGS FOR MEN
Peanut butter	4 Tbsp	6 Tbsp
Other high-mono fats: 1 tsp olive, canola, or peanut oil, 1 Tbsp nuts, ½ avocado	5 or 6 servings	5 or 6 servings
Lean meat, poultry, any fish (2 or 3 oz), ½ c legumes	2 servings	4 servings
Fruit (1 small piece, ½ c cut fruit, ¾ c fruit juice, ¼ c dried fruit)	3 servings	3 servings
Vegetables (1 c salad greens, ½ c other vegetables, ¾ c vegetable juice)	5–7 servings	5–7 servings
Whole grains, potatoes (1 slice bread, ½ c rice or pasta, ½ c potatoes)	3–6 servings	6–12 servings
Dairy* (1 c fat-free or 1% milk, 1 c fat-free yogurt, 1 oz reduced-fat cheese)	1 or 2 servings	1 or 2 servings •

\* To meet calcium needs, add a 300- to 500-mg calcium supplement.



## The King of All Peanut Butter Sandwiches

Try the ultimate comfort food from a restaurant that's nuts about peanut butter.

Kids aren't the only ones who love peanut butter, as evidenced by the success of New York's Peanut Butter & Co. The restaurant, in business since 1998, now serves six different varieties

of freshly ground peanut butter daily (smooth, crunchy, spicy, cinnamon-raisin, dark and white chocolate) on freshly baked bread. Now you can enjoy the biggest seller—without guilt.

### healthy impersonation

It's been said that Elvis Presley regularly ate a version of this peanut butter sandwich. This PB & B can be prepared just like a grilled cheese sandwich, although we've substituted light cooking spray for the pool of butter the King liked his sandwiches fried in.

## not just any old sandwich

Take a break from the old peanut butter and jelly routine. In between two slices of your favorite bread, savor the flavors of these creative and oddly delicious fillings instead. Creamy or chunky peanut butter, plus ...

- ▶ Apple
- ▶ Bacon, apple, and alfalfa sprouts
- ▶ Bacon, lettuce, and tomato (like a BLT)
- ▶ Banana, dates, and honey
- ▶ Banana, lettuce, ham, and bacon
- ▶ Celery
- ▶ Cheese (grilled)
- ▶ Currants and cashews
- ▶ Ham
- ▶ Kiwifruit
- ▶ Lettuce
- ▶ Marshmallows and chocolate chips
- ▶ Onion and low-fat mayo or ketchup
- ▶ Raisins
- ▶ Raisins and carrots
- ▶ Raisins and celery
- ▶ Raisins and sunflower seeds

Try them all, or add your own PB creation to the list. Be adventurous!

## Grilled Peanut Butter & Banana Sandwich

- 6–8 Tbsp smooth or crunchy peanut butter
- 8 slices whole grain bread
- 2 lg ripe bananas, sliced lengthwise into a total of 16 pieces
- 2 Tbsp honey
- Butter-flavored cooking spray

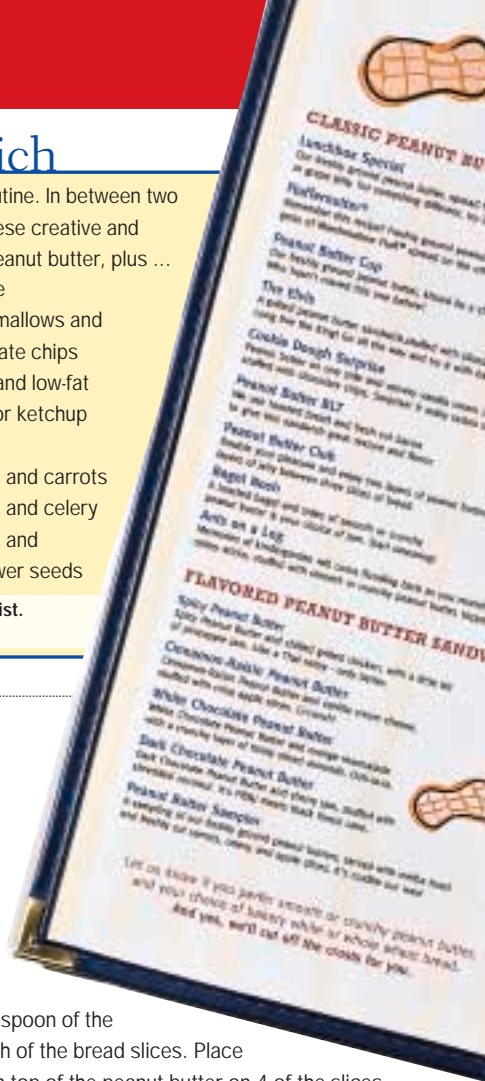


Makes 4 servings

1. Spread about 1 tablespoon of the peanut butter on each of the bread slices. Place the banana pieces on top of the peanut butter on 4 of the slices, and drizzle with honey. Press the remaining slices of bread on top to make 4 sandwiches.
2. Place a large, nonstick skillet over medium-high heat. Coat the bread with cooking spray just before browning each side. Sauté (or grill) sandwiches, in batches, approximately 2 minutes per side, or until golden brown. Slice the sandwiches diagonally, and serve warm.

### per serving

357 cal, 11 g pro, 50 g carb, 14 g fat, 2 g sat. fat,  
6 g mono. fat, 0 mg chol, 6 g fiber, 322 mg sodium



# PEANUTS

Mother Nature's Functional Food

There's a lot more to peanuts  
than you thought! Did you  
know that peanuts and  
peanut butter are...



## POWERHOUSE OF NUTRIENTS

- Monounsaturated Fats
- Vitamin E, Folic Acid, Fiber, Copper, Zinc, Magnesium, Phosphorus, Phytosterols, Resveratrol, Plant Protein including Arginine

## PART OF A HEALTHFUL DIET

- Naturally Cholesterol-Free

## MORE SATISFYING

- Satisfies Hunger
- Helps People Stick to Weight-Loss Diets



[www.peanut-institute.org](http://www.peanut-institute.org)



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