

Healthy Hints

From The Perfectly Powerful Peanut



nationalpeanutboard.org

Use Peanuts to Make Smart and Delicious Choices

Making smart choices when planning meals is important so that we can live healthy lives. These choices don't have to be hard! It is possible to eat foods that taste good and are also good for you! Adding peanuts to any dish is a great way to increase protein, fiber, and mostly good fats in your diet. Peanuts are also a Superfood with 30 vitamins and nutrients.

Making smart choices using peanuts can be as simple as:

- Switching to peanut oil for cooking: Peanut oil is free of trans fat and contains 10 grams of good, unsaturated fats per tablespoon.¹ Many restaurants in the United States utilize refined peanut oil for deep frying. Known for its nutty flavor, unrefined peanut oil's uses are similar to extra virgin olive oil. It can be used to make salad dressings or to drizzle on foods for extra flavor.²

- Topping salads with peanuts for crunch, adding peanuts to your morning smoothie, or preparing main dishes that use peanut butter will pump up your protein intake and increase the flavor of your favorite foods.

- Adding fresh ingredients always makes food taste great! Try substituting fresh bananas or fresh strawberries instead of jelly on your PB&J. You will get the same sweet and salty flavor that you love and increase your daily fruit intake. Peanut butter is also a good dip or spread for vegetables. Try spreading peanut butter on celery and carrots for a naturally sweet, crunchy, nutritious snack.

- Mixing your own trail mix by combining peanuts, dried fruit, whole grain cereal, and chocolate makes for a nutritious snack on the go or after working out.





Blueberry Peanut Butter Smoothie

Start to Finish: 5 minutes

Serving Size: 11.2 ounces

Ingredients:

- 2 cups fresh blueberries
- 3 tablespoons peanut butter
- 1/2 cup 1% low-fat milk
- 2 cups fat-free vanilla yogurt
- 1/2 cup ice

Preparation:

Place blueberries, peanut butter, and milk in a blender. Cover and blend at high speed for 30 seconds. Add frozen yogurt and ice; continue to blend for 30 seconds or until smooth. Pour into three 8-ounce glasses and serve.

Nutrition Information Per Serving:

Calories: 306
Calories from fat: 100g
Fat: 11g
Trans fats: 0g
Cholesterol: 0mg
Carbohydrate: 42g
Protein: 14g
Fiber: 3g
Sodium: 200mg

Peanuts are versatile, affordable, tasty, and a smart choice to help you stay healthy.

For recipes, nutrition facts, and more visit the National Peanut Board's website at nationalpeanutboard.org/category/nutrition-wellness and choosemyplate.gov for dietary guidelines and daily recommended intake.



References

1. USDA Nutrient Database. Available at <http://ndb.nal.usda.gov/ndb/> Accessed on January 15, 2015.
2. Academy of Nutrition and Dietetics. All about oils. Available at <http://www.eatright.org/public/slideshow.aspx?id=6442471506#7>. Accessed on 11/13/14.