

MARCH is Peanut Month!



Here's the fat truth on peanuts....

— Do peanuts have a lot of fat?

Yes, it is true that peanuts are high in fat, but it is a healthy fat which may help lower your cholesterol. This is very different than the fat found in butter, cheese, and other animal products which raises your cholesterol.

Avocados, other nuts and olive or canola oil are also good sources of healthy fat.

— Do peanuts have protein?

Yes, peanuts are also a good source of protein, two tablespoons of peanut butter has about 9 grams. Your body needs protein for growth, repair, and energy.

Meat, chicken, eggs, fish, beans and other nuts are also good sources of protein.

— How can you include peanuts into your daily diet?

- Next time are looking for a healthy snack try peanuts or other nuts that you may like. Just remember to watch your portions, because a little goes a long way.
- Try adding peanuts to your favorite salad
- Or try the old favorite, a peanut butter sandwich on whole wheat bread. Add slices of banana or a little jelly for sweetness.
- Peanut butter also tastes great on fresh fruits and vegetables, like celery, carrots, and apples
- Try to buy peanuts and natural style peanut butter that do not have any salt or sugar added.

REMEMBER not everyone can eat nuts some people are very allergic!