

Test Your Nutrition IQ!



FILL IN THE ANSWERS USING THE CLUES LISTED BELOW.



WORDS TO CHOOSE FROM:

- | | |
|--------------|------------|
| Carbohydrate | Saturated |
| Fiber | Calcium |
| Sodium | Protein |
| Six | Folic Acid |
| Meat | Two |
| Iron | Vitamin E |
| Cholesterol | Fat |
| Seven | |

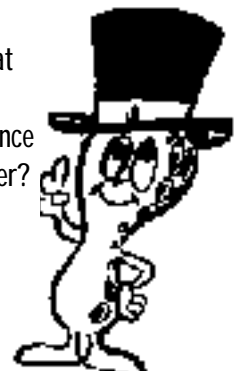
ACROSS

2. One serving of peanut butter provides 1/3 of our daily needs of this important B-vitamin.
5. Peanut Butter is a good source of this vitamin that can help fight cancer and slow down aging.
7. One serving of peanut butter is ____ tablespoon(s).
8. Peanuts have lots of _____, which helps protect against colon cancer and aids in regularity.
10. This mineral, also found in peanut butter, helps build healthy blood and promotes growth.
11. A good protein source, peanut butter is a substitute for this food.

DOWN

1. Peanut butter has _____ major vitamins.
3. Peanuts have no _____.
4. Peanuts are naturally low in _____.
6. Peanut butter is a high _____ food.
8. The peanut is low in saturated _____.
9. Peanut butter contains _____ minerals.

Did you know that there are 540 peanuts in a 12 ounce jar of peanut butter?



ANSWERS TO PUZZLE

Across

2 across: folic acid

*Folic acid is important to help prevent birth defects, help cells grow properly, and help our bodies to use the protein it needs.

5 across: vitamin E

*Vitamin E acts as an antioxidant to combine with harmful free radicals in our bodies.

7 across: two

8 across: fiber

10 across: iron

*Low iron levels cause anemia which increases chances of illness and fatigue.

11 across: meat

*Many times children will enjoy peanut butter much more than meat.

Down

1 down: six

*Folic acid, vitamin E, niacin, thiamin, B6, riboflavin

3 down: cholesterol

*Cholesterol is only found in animal foods. Peanuts are a plant food.

4 down: sodium

*Too much sodium in the diet increases the chances of high blood pressure.

6 down: protein

*Protein is important for growth at all stages of the life cycle.

8 down: fat

*A diet high in saturated fat increases blood cholesterol levels.

9 down: seven

*Copper, phosphorous, magnesium, iron, potassium, zinc and calcium.

Your body needs nutrients from each food group: grains, fruits, vegetables, lo-fat dairy, and protein foods, like peanut butter.

Try creating your own meal plan using foods from each group:

Breakfast _____

Lunch _____

Snack _____

Dinner _____



The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides nutrition education, health screenings and nutritious foods for pregnant, postpartum, and breastfeeding women, infants and children up to the age of five years. WIC provides all brands of peanut butter, smooth or crunchy, to participants.

The peanut butter puzzle was developed for WIC education programs by John Merola, Nutritionist and Tamus Bairen, RD, Nutritionist with the Family Health Council, Inc. Women, Infants and Children (WIC) Program of Pittsburgh, PA.



P.O. Box 70157
Albany, GA 31708
1-888-8PEANUT
www.peanut-institute.org

Peanutty Power Snacks

Maximize Your Snack Power!



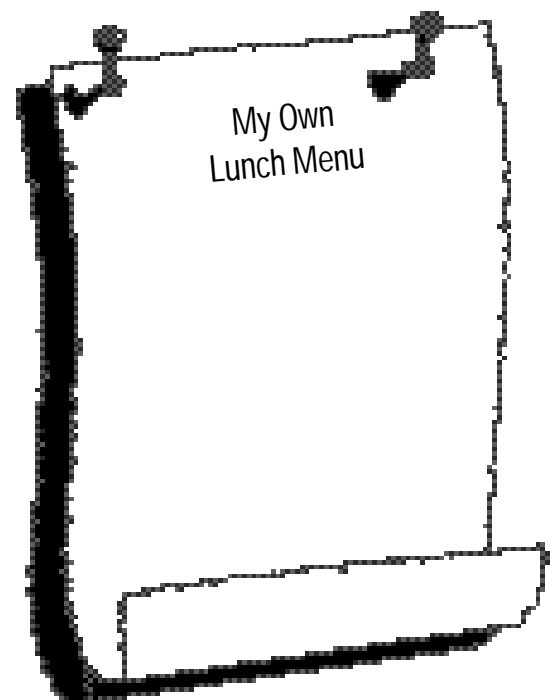
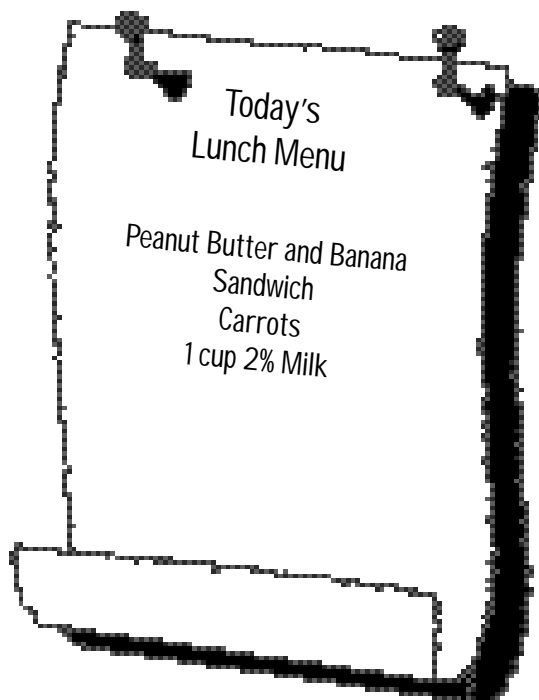
Create a peanutty trail - shake cereal, raisins, seeds, dried fruits and peanuts in a zip-lock bag to go.

Dip cut-up fruits and vegetables into a peanut butter and honey mixture.

Toss a small handful of peanuts into cereal, rice, salads, and stir-fry.

Roll cut-up vegetables (like green beans, asparagus, or carrots) in chopped peanuts.

Your body needs nutrients from each food group: grains, fruits, vegetables, lo-fat dairy, and protein foods, like peanut butter. Look at our well balanced lunch menu and then create one of your own!



FUN FOOD FOR KIDS!

Ants on a Log

3 stalks celery
1/2 cup creamy peanut butter
5 oz. cheese spread
2 Tbl. raisins

On cutting board, cut across each stalk of celery to make 4 pieces. In a small bowl, mix peanut butter and cheese spread until well blended. Spread mixture into each celery piece. Arrange 3 or 4 raisins as "ants" on peanut butter mixture. Place on serving tray. Serve right away or cover and store in refrigerator. Makes 12 servings.

110 calories, 8 g. total fat, 5 g. protein, 5 g. carbohydrate, 1 g. fiber, 7 g. cholesterol, 218 mg. sodium.



Banana Pops

2 bananas
1/2 cup peanut butter
2 Tbl. milk
Crushed cereal
Popsicle sticks



Peel bananas and cut in half crosswise. Insert popsicle stick into cut end of banana. Mix peanut butter and milk together. Roll bananas in peanut butter and milk mixture. Roll in crushed cereal. Place on wax paper and freeze for two hours. Makes 4 servings.

255 calories, 15 g. fat, 9 g. protein, 21 g. carbohydrate, 4 g. fiber, 0 mg. cholesterol, 183 mg. sodium.

PEANUT BUTTER BUDDIES

3 Tbl. peanut butter	5 Tbl. raisins
4 Tbl. hot water	1/2 cup quick oats
2 1/4 oz. non fat dry milk	3 Tbl. crushed peanuts
	1 Tbl. brown sugar

Thoroughly mix all ingredients to form a cookie dough consistency. Press contents into a bread pan achieving about a 1/2 inch thickness. Refrigerate until fully chilled. Cut into 6 servings.

177 calories, 7 g. total fat, 1 g. saturated fat, 9 g. protein, 23 g. carbohydrates, 2 g. fiber, 2 mg. cholesterol, 99 mg. sodium, 1 mg. iron, 146 mg. calcium, 53 RE vitamin A, 1 mg. vitamin C.

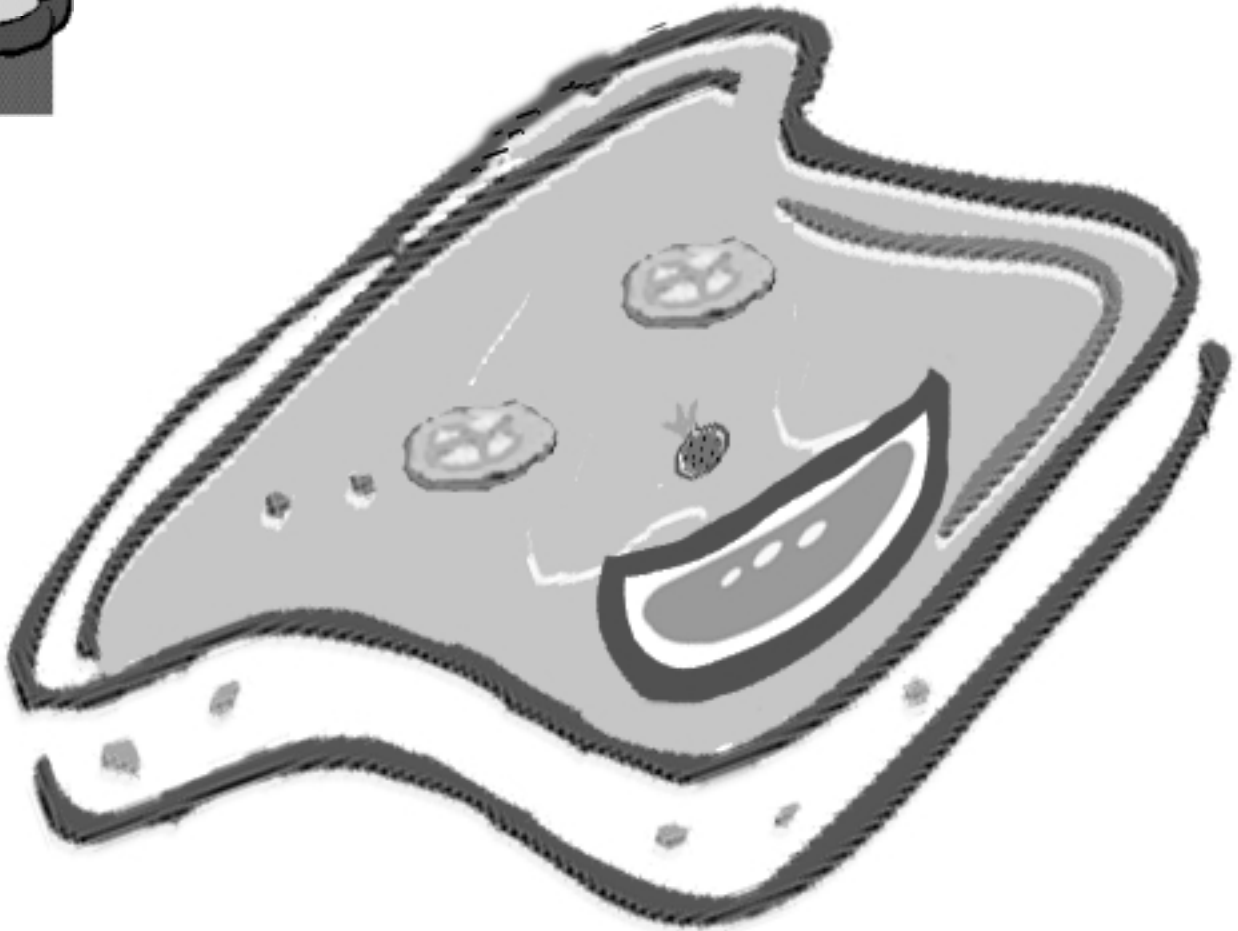


Did you know that astronaut Allen B. Shepherd took some peanuts on his Apollo mission to the moon?



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Peanut Butter Sandwich Face



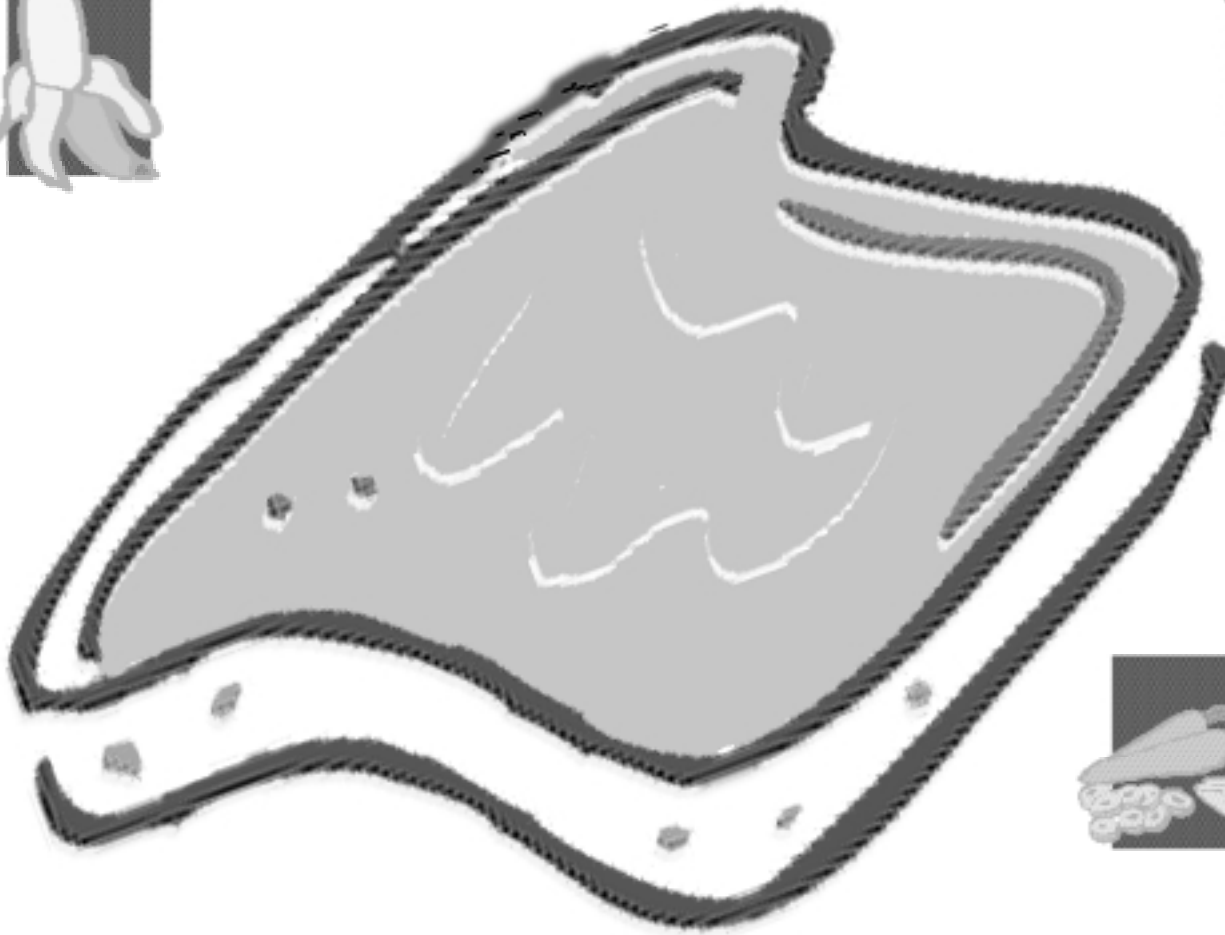
Our Sandwich
Has



Cucumber Slice Glasses
Strawberry Nose
Orange Slice Smile



Make Your Own Peanut Butter Sandwich Face



You Could Try:

- | | | |
|------------------|--------------|---------|
| Dried Fruit | Marshmallows | Carrots |
| Celery | Cereal | Apples |
| Fresh Berries | Grapes | Lettuce |
| Pineapple Slices | Bananas | Raisins |



Eyes	Nose	Mouth
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

