



Peanuts and Peanut Butter Fit into Many Different Weight-Loss Diets

	Current Diet Guidelines (1, 2)	Atkins' "Low-carb" Diet (3,4)	The South Beach Diet (5)	The Zone Diet (6)	Harvard's "Mediterranean-style," Weight-Loss Diet (7)	Prevention Magazine's Peanut Butter Diet (8)	Penn State's Peanut & Peanut Butter Diet (9)	Weight Watchers Diet (10)	Dean Ornish's "Low-fat" Diet (11)
Total carbohydrate	45-65%	~4% (20-100 grams/day)	Low to moderate	40%	45-50%	~50%	51%	~55%	>75%
Fiber	25-35 g/day	Low fiber	Low to moderate fiber	Moderate fiber (<20 g/d)	High fiber (25 g/day)	High fiber	Moderate fiber (17.6 g/day)	High fiber	Very high fiber
Total fat	20-35%	~56%	Moderate to high	30%	35%	~35%	33%	~25%	<10%
Saturated fat	<7%	Up to 20%	Low	~8%	5%	~7%	6.5%	~6%	<1%
Mono-unsaturated fat	Up to 20%	?	Moderate to high	?	15-20%	~16%	14.2%	?	?
Poly-unsaturated fat	Up to 10%	?	Moderate to high	?	10%	~13%	7.9%	?	?
Protein	~15%	~40%	Moderate to high	30%	15-20%	~15%	16.8%	~20%	~14%

For more information about peanuts, visit www.peanut-institute.org or call 1-888-8PEANUT.

References:

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