



# PACK PEANUTS FOR A BETTER LUNCH

## PEANUTS AND PEANUT BUTTER ARE A FAVORITE FOOD.

- Peanuts and peanut butter are an American favorite, accounting for two-thirds of all nuts eaten in the U.S.<sup>1</sup>
- Research shows that peanuts have an enjoyable flavor and people do not get tired of eating them, even after 8-weeks of replacing all fat in the diet with peanuts.<sup>2</sup>
- According to the USDA MyPlate, peanuts are part of the protein group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake.<sup>3</sup> Pairing them with a whole grain and fruit or vegetable creates a complete, well-balanced meal.

## THEY ARE AFFORDABLE, CONVENIENT, AND PACKED FULL OF NUTRIENTS.

- Peanuts and peanut butter provide protein and fiber to keep you feeling fuller longer so you can get the most out of your meal.
- They are a good or excellent source of 8 vitamins and minerals making them the most nutrient dense nut!<sup>4</sup>
- A peanut butter sandwich with a piece of fruit and a glass of milk is easy to make, provides almost 20g of protein and about 10g of fiber, and costs about **\$1.76 for the entire meal.**<sup>4,5</sup>

## PEANUTS CAN IMPROVE OVERALL NUTRITION FOR KIDS AND ADULTS.

- Research shows that kids who snack on peanuts maintain their weight better than kids who choose other snack foods.<sup>6</sup> Also kids who dip their vegetables in peanut butter eat more vegetables.<sup>7</sup>
- In adults, peanuts and peanut butter can improve heart health, promote blood sugar control, and help with weight maintenance.<sup>8</sup>
- As peanuts and/or peanut butter are currently eaten they help men and women meet at least 20% of the RDA for vitamin E, magnesium, folate, zinc, potassium, vitamin A, and calcium, and 80% or more of niacin, iron, phosphorus, selenium, and vitamin B6.<sup>9</sup>



### ANY WAY YOU LIKE IT

Go traditional or try your own ways to incorporate peanuts and peanut butter into your lunch. Try sprinkling peanuts on a salad or wrap for added crunch and flavor or simply pack peanuts or peanut butter as a snack to keep you going.

Photo Source: Prevention.com

## FOR A TWIST ON A CLASSIC, TRY ONE OF THESE KICKED-UP PEANUT BUTTER SANDWICHES:



### **Banana Nutter Butter**

Two slices of whole grain bread topped with peanut butter, banana, and honey.

### **Peanut Butter and Fig Jam**

Whole wheat bread with crunch peanut butter and fig jam sprinkled with cinnamon and nutmeg.

### **Roasted Turkey, Apple, and Peanut Butter**

Multigrain bread with honey mustard and peanut butter topped with roasted turkey and thinly sliced granny smith apples.

### **Peanut Butter Grilled Cheese**

Peanut butter added to your favorite grill cheese sandwich for the ultimate creamy and savory combo.

### **Peanut Butter & Grilled Chicken**

Whole wheat pita bread with peanut butter, grilled chicken, mozzarella cheese, and arugula.

### **Peanut Butter Roast Beef Club**

Multigrain bread with peanut butter, provolone cheese, roast beef, honey ham, and thinly sliced pear.

### **The Fluffernutter**

Marshmallow fluff and peanut butter on whole grain bread.

### **Sweet and Savory Turkey**

Multigrain bread topped with nutella, peanut butter, mozzarella cheese, and honey roasted turkey.



## REFERENCES

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