Peanuts and peanut butter are considered part of the protein group, which should make up roughly a quarter of your plate.

Peanuts and peanut butter are a nutrient dense protein source free of cholesterol and trans fat. They provide about 8 grams of protein per serving and are a good source of fiber and many vitamins and minerals.

Peanut eaters are leaner! Research shows that kids who eat peanuts at least once a week are less likely to be overweight or obese. Eating peanuts as an after school snack is a healthy, low cost option that can curb hunger and help maintain weight throughout childhood and adolescence.

Adults can also benefit from eating peanuts or peanut butter everyday. Recent research shows that eating peanuts or peanut butter for breakfast helps control hunger and blood sugar levels throughout the day, even after eating a high carbohydrate lunch.

Peanuts and peanut butter are also linked to decreased risk of heart disease. Eating peanuts just twice a week may reduce risk of death from heart disease by 24%. Research shows that the more often people eat peanuts and nuts, the longer they live.

Peanut eating girls lower their breast cancer risk. Research shows that girls who consumed peanut butter and peanuts at least twice a week cut their risk of benign breast disease in young adulthood by up to 44%. Benign breast disease is a risk factor for breast cancer later in life. These findings suggest that peanut butter could help reduce the risk of breast cancer in women.

Top 3 Reasons to Feed Peanuts and Peanut Butter to Your Entire Family

1. Peanut eaters are leaner! Research shows that kids who eat peanuts at least once a week are less likely to be overweight or obese. Eating peanuts as an after school snack is a healthy, low cost option that can curb hunger and help maintain weight throughout childhood and adolescence.

2. Peanut eaters live longer! Peanuts and peanut butter are also linked to decreased risk of heart disease. Eating peanuts just twice a week may reduce risk of death from heart disease by 24%. Research shows that the more often people eat peanuts and nuts, the longer they live.

3. Peanut eating girls lower their breast cancer risk. Research shows that girls who consumed peanut butter and peanuts at least twice a week cut their risk of benign breast disease in young adulthood by up to 44%. Benign breast disease is a risk factor for breast cancer later in life. These findings suggest that peanut butter could help reduce the risk of breast cancer in women.
**TRY THIS FAMILY-FRIENDLY BREAKFAST RECIPE TODAY!**

**PBJ Muffins**

YIELD: 6 MUFFINS

1 package muffin mix (such as Jiffy raspberry)
1 large egg
1/4 cup skim milk
1/2 cup smooth peanut butter

1. Preheat your oven to 400°F.
2. Prepare the muffin mix as indicated on the box. Add liners to your muffin tin and fill them until they’re each about half full.
3. Place the peanut butter in a ramekin or small bowl and gently heat in microwave oven for about 10 seconds or until it is softened. Stir well to ensure even heating. Be careful not to overcook the peanut butter. Add 1 to 2 tablespoons of melted peanut butter to each of the muffins and marble with a butter knife.
4. Bake for 13 minutes and cool before serving.

Nutrition Info:
Calories: 300, Total Fat: 17g, Sat Fat: 5g, Total Carb: 28g, Protein: 9g

Recipe adapted from the Culinary Institute of America

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REFERENCES


