

Peanut BITES



 **THE Peanut Institute**
www.peanut-institute.org

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Over the last year, we've done significant media outreach around the many nutritional benefits of peanuts, with an emphasis on peanut protein and fiber. Here is some recent peanut coverage from *Real Simple*, *Eating Well* and *bon appétit*.

Peanuts Pack More Protein than Most Other Nuts

REAL SIMPLE

LIFE MADE EASIER



A recent one-page piece in *Real Simple* highlights peanuts as a versatile and affordable pantry staple. The article also shares two easy, unique recipes for Apple Crisp with Peanut Streusel and Parsley-Peanut Pesto. According to the article, **"Peanuts pack more protein than most other nuts do - and they don't cost an arm and a leg."** With more plant protein than any other nut, we have to agree! Click [here](#) for tasty peanut recipes from *Real Simple*.

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Peanut Caramel Popcorn



The use of peanut oil makes this a healthier alternative to the caramel popcorn we all love. Honey, agave, and peanut butter make this a yummy snack that you can feel good about.

Serves 2

Ingredients:

- 2 tablespoons peanut oil
- 1/4 cup popcorn kernels
- 1/3 cup agave syrup
- 1/3 cup wildflower honey
- 1/2 cup, creamy peanut butter
- 1/2 cup peanuts, toasted, chopped
- 1 tsp sea salt, fine

Directions:

1. Heat a heavy bottomed pot with the peanut oil. Add the popcorn kernels and the salt and toss in the oil. Cover partially.
2. When the popcorn starts popping, cover completely and shake the pan until popcorn slows

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

10 GREAT THINGS THAT WILL HAPPEN IF YOU MEET YOUR FIBER GOAL

When do you think of fiber as exciting? Yeah, that would be never. But this research will help change your mind.

Get Your Daily Fiber Fix Here

The average American gets a measly 17 grams of fiber a day. And "most of it comes from pizza crust and pasta noodles—which are low in fiber, but because we eat so much of them, it adds up," notes Wendy Walsh, Ph.D., R.D., an associate professor of food science and human nutrition at the University of Florida. Not exactly the healthiest choices. Meanwhile, better-for-you foods that are loaded with fiber—like beans, peas and lentils—make up only 4 percent of our diets. "We need to eat more beans," she says. Time to up the ante! Here's a 1-day magnitude of how to bump up to at least 25 (for women) and 38 (for men) grams, without having to eat an entire crop or drawer of produce.

TO GET AT LEAST 25 GRAMS	TO GET AT LEAST 38 GRAMS
BREAKFAST 1 cup oatmeal and 1 cup blackberries 11 g fiber	BREAKFAST 1 cup beans and 1/2 cup raspberries 11 g fiber
LUNCH Sandwich on 100% whole-wheat bread with sliced chicken breast*, lettuce, tomato and 1/4 avocado 8 g fiber	LUNCH 1 cup black bean soup and 1 whole-wheat tortilla, beans, lettuce, tomato and 1/4 avocado 11 g fiber
SNACK 2 dried figs 3 g fiber	SNACK 1/2 cup peanuts 3 g fiber
DINNER 1/2 cup cooked quinoa, piece of grilled fish* and 1/2 cup cooked chickpeas 8 g fiber	DINNER 1 medium baked potato (with skin), piece of grilled chicken* and 2 cups roasted broccoli 14 g fiber
DAILY TOTAL: 27 grams fiber	DAILY TOTAL: 39 grams fiber

*Half this is salt in your grams of fiber— you're not getting any fiber from it.

1 **Keep your weight steady.** If you eat more fiber than you need, you'll gain weight. But if you eat less, you'll lose weight. Fiber helps regulate your digestion, which means the number of calories you actually get, explains Zuckerman. Another study found that people who doubled their fiber intake to the recommended amount lost about 10 pounds over 10 weeks. In fact, they lost nearly as much as a group that ate much more complex carbs that required breaking down, like sugar and salt and sugary food, sugar and whole grains consumption. Fiber also helps you feel full, so you eat less. You, in turn, can help you avoid gaining weight back on. People who get more fiber tend to have lower waistlines than those who don't.

2 **Reduce your risk of heart disease.** For every 7 grams of fiber eaten daily, your risk of heart disease drops by 9 percent, found a review of 17 studies published in the BMJ. That's partly due to fiber's ability to help lower cholesterol.

3 **Get your type 2 diabetes risk.** It's well established that a recent analysis of 19 studies, for example, found that people who ate

4 **Lower your risk of heart disease.** For every 7 grams of fiber eaten daily, your risk of heart disease drops by 9 percent, found a review of 17 studies published in the BMJ. That's partly due to fiber's ability to help lower cholesterol.

5 **Have healthier gut bacteria.** The good bugs that make up your microbiome feed off fiber and help you to get bacteria that help you to stay healthy and happy. Fiber has been shown to increase the number of good bacteria in your gut, which helps to keep you healthy.

6 **Reduce your risk of certain cancers.** Every 10 grams of fiber you eat is associated with a 10 percent reduced risk of colorectal cancer and

7 **Live longer period.** Research at the Harvard School of Public Health found that people who eat an fiber-rich meal and whole grains had a 10 and 17 percent, respectively, reduced risk of death. This was especially true for those who had a high fiber intake.

8 **Be more well.** A study published in the Journal of Nutrition found that people who ate a diet rich in fiber had a 10 percent lower risk of death. This was especially true for those who had a high fiber intake.



Fiber, fiber, read all about it! The March/April issue of *Eating Well* shares the importance of integrating fiber into your daily diet and easy tips for how to do it. The gorgeous peanut image takes center stage of the helpful guide which notes 1/4 of a cup of peanuts gets you 3 grams of hearty healthy fiber.

We'd Make These 23 Recipes Just for the Peanuts

bon appétit

MARCH 13, 2016 / WRITTEN BY CHRISTINA CHAEY

Our salads, roasted veg, and ice cream sundaes just wouldn't be the same without a healthy handful of nutty, crunchy roasted peanuts sprinkled on top. These 23 recipes are for everyone who agrees that the peanuts are the best part.

down popping. Take the pan off the heat.

- Heat the honey and the agave syrup in a pan and cook for 5 minutes.
- Add the peanut butter and whisk very well until combined.
- Place the popcorn into a bowl and drizzle the peanut caramel over it. Toss well and sprinkle with the chopped peanuts.

Recipe from The Peanut Institute. Click [here](#) for more healthy and delicious recipes from The Peanut Institute.



From Butterscotch Blondie Bars with Peanut-Pretzel Caramel to Roasted Peanut Soup with Honey Whipped Cream, *bon appetit's* new mouth watering gallery of 23 vibrant peanut recipes will make you hungry. Plan your week with these beautiful breakfast, lunch, dinner and snack inspirations. Click [here](#) to view the full gallery.