



## Olympic Athletes Award Peanut Butter Gold Medal!

In Rio, Olympic athletes are buzzing about peanut butter. Check out these articles to see what they have to say.

## Why Are So Many Olympians Going Crazy About Peanut Butter?

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Rachel Charlene Lewis / August 14, 2016 8:36 am



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### Peanut Butter and Strawberry Quesadillas

These quesadillas are healthful enough to serve as lunch- and luscious enough to eat for dessert!



- 2 (8-inch) whole wheat flour tortillas
- 4 tablespoons creamy peanut butter
- 1/8 teaspoon ground cinnamon
- 1 cup strawberries, hulled and sliced

Walter C. Willet, M.D., world renowned researcher and Professor of Nutrition at the Harvard School of Public Health, talks about what gives peanut butter its powerhouse status. **"It's the whole package of nutrients, not just one or two, that determines how good a particular food is for health."**

Peanut butter packs 7 grams of protein per serving, and 80% of its fat is the heart-healthy unsaturated kind, **"making it worth keeping around."**

Read more about the Olympians snack of choice [here](#), and visit [The Peanut Institute](#) to check out the latest research on the nutritional benefits of peanuts and peanut butter.

## How to Train Like an Olympic Athlete: Eat Loads of Peanut Butter



**"Never mind the jostling between nations; peanut butter is winning these Olympics."**

Peanut butter mixes well into sweet and savory snacks and drinks, requires no preparation, and lives for months in your locker without rotting.

According to Chris Cashin, registered dietitian and Sports Nutrition lecturer at University of Wales Trinity Saint David, peanut butter also **"combines all those useful food groups in a very small volume, meaning that athletes can snack on it for energy and protein without getting so full they waddle around the track."**

To read what makes peanut butter appeal to US Olympic athletes Simone Biles, Aly Raisman and Ryan Lochte, [click here](#) (scroll to bottom).

Place a tortilla on a work surface. Combine the peanut butter and cinnamon in a bowl. Spread half of the peanut butter over the tortilla. Arrange half of the strawberries over the half of the tortilla closest to you. Fold the top half of the tortilla over the strawberries to form a semi circle. Repeat with the remaining ingredients.

Heat a large nonstick skillet over medium-low heat. Add the quesadillas and cook, turning once, until lightly browned and heated through, about 6-8 minutes. Transfer to a cutting board, let stand 2 minutes, then cut into thirds.

Nutrition per serving  
Calories: 336, Protein: 12 g,  
Carbohydrates: 35g, Fiber: 7g,  
Fat: 20g, Saturated Fat: 5g,  
Cholesterol: 0mg, Sodium:  
471mg

For this and more healthy, protein-packed recipes, visit [peanutpower.org](#).

# These 10 Olympic Athlete Diets All Have One Thing in Common: Peanut Butter. Here's Why.

By Alex Orlov  
August 11, 2016

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There's reason to believe that the road to the [2016 Olympics](#) in Rio de Janeiro is paved with [peanut butter](#). Why? Lots of U.S. Olympic athletes say in interviews that they look to America's favorite nut butter when it comes to easy breakfast or snack time.

Below, check out how 10 Olympic athletes like to enjoy their PB. Whether on the end piece of a bread loaf, on apples, in a smoothie, or mixed into cookie dough, there's no end to these athletes' creativity.

## From basketball and gymnastics to triathlons and swimming, peanut butter is powering the 2016 Rio Olympics.

Here are a few of the ways Olympians fuel their workouts:

- **Simone Biles** (Gymnastics): Peanut butter and banana
- **Ryan Lochte** (Swimming): Peanut butter KIND bars
- **Seth Weil** (Rowing): Peanut butter and jelly in a flour tortilla
- **Shalane Flanagan** (Marathon): Peanut butter and teff cookies

Check out how this protein powerhouse makes its way into more of the Olympians' diets by [clicking here](#).

## Olympians Won't Stop Talking About Peanut Butter And It's Getting Weird...

Will Butler  
August 15, 2016

[f](#) [t](#) [p](#) 3 shares



"Let's talk about peanut butter and why everyone at the Olympics is going... nuts over it."

With muscle-building protein and healthy fats, peanut butter is the perfect choice for powering Olympic-grade workouts. [Click here](#)

for the full article.

## What Olympic Athletes Eat and Drink Every Day Will Shock You

Think you have cheat days? These athletes have us all beat.

by **Lindsay Tigar** August 3, 2016 • 4:54 PM ET



What Olympic athletes eat and drink every day will shock you.

What doesn't shock us? Peanut butter is the #1 choice for fueling up and powering down. Read how Olympic athletes eat for training and recovery [here](#).