

Peanut BITES



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Happy New Year! We wish you and your family a happy, healthy and prosperous 2017! There is lots of good news on peanuts already this year.

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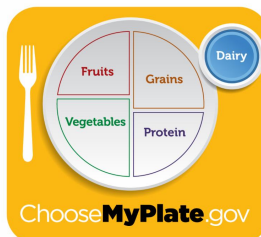
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Peanuts Fit With All USDA Food Groups

The Peanut Institute is working with the USDA's MyPlate New Year's challenge to influence America's eating habits. While peanuts and peanut butter belong to the protein group and can be eaten alone, this challenge proves that peanuts are versatile and can be eaten with every food group. Each week a new food group will be promoted.



This week healthy dairy is being promoted and peanuts can add protein and flavor. Try these tips to make your dairy foods healthier:

- **Use peanut powder in your morning shake to increase the protein and enhance the flavor.**
- **Microwave peanut butter for ten seconds and drizzle over your favorite ice cream to make a satisfying dessert.**
- **Mix peanuts or peanut butter into your yogurt to increase the protein help keep you full longer.**

For more recipes visit peanutpower.org today!



Peanut Energy Smoothie

- 4 bananas, chilled
- 1 quart low fat milk
- 5 tablespoons peanut powder
- 3 tablespoons unsweetened cocoa
- 2 tablespoons honey

1. Slice the banana and freeze until firm. Blend milk, peanut powder, cocoa and honey in a blender until smooth.

2. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth. Serve cold. Enjoy!



View the full recipe [here](#).

For more information about the challenge click [here](#).

Peanuts Featured in Top 3 Best Diets

U.S. News & World Report evaluated 38 of the most popular diets. **Peanuts are an integral part of each of the highest 3 ranking diets.**



First place: DASH Diet

Designed to prevent and lower high blood pressure, this diet emphasizes fruits, veggies, whole grains, lean protein, peanuts and nuts, and low-fat dairy. Sweets and red meats are avoided on this diet.

Second Place: Mediterranean Diet

This diet promotes a healthy weight and heart, while fending off cancer, diabetes, and other chronic diseases. Healthy fats from peanuts and nuts and plant oils are an integral part of this dietary pattern. Try peanut butter for an "Americanized" Mediterranean diet!

Third Place: MIND Diet

This is the first diet specifically designed to promote cognitive function and prevent Alzheimer's disease. This diet emphasizes eating from 10 brain-healthy food groups, including peanuts and nuts, berries, and beans.

See which diets are best for diabetes, weight loss, and healthy eating, and visit peanutpower.org to find delicious recipes that fit any lifestyle!