

Peanut BITES

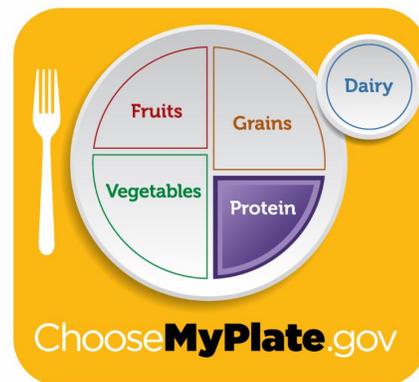


January 2017 | Vol 9.4

Pick Peanut Protein

Peanuts get to shine in week #4 of the USDA's MyPlate challenge because the focus is to vary your proteins. Did you know that peanuts have >7g of protein per oz? This means peanuts and peanut butter are a perfect option for increasing your intake of plant-based protein.

Studies consistently show that diets low in meat and high in plant foods are associated with reduced rates of cancer, heart disease, and obesity. The Harvard School of Public Health followed over 200,000 people in the United States and found that plant protein, specifically peanuts and peanut butter, reduced the risk of type 2 diabetes. The study called "Dietary Protein Intake and Risk of Type 2 Diabetes in US Men and Women", found that substituting a serving of peanuts or peanut butter for a serving of processed or red meat, once per day, **reduced diabetes risk by 11-21%.**"



Why is this important to consumers?

The 2017 top trends for consumers are increasing **plant-based protein, sustainability and healthy snacking**. Peanuts fit the criteria of all three categories. Here's how:

- Peanuts contain more protein than any other nut; making it the best option for meeting protein needs through plant based eating.
- Peanuts use less water to produce than any other nut. It takes over 20 times more water to produce an ounce of almonds than peanuts.
- Peanuts, peanut butter, and peanut powder can be quick, easy, on-the-go foods and can be eaten with minimal preparation making them the perfect snack option.

To read more about the health benefits of peanuts click [here](#).

Increase Variety With Peanuts

Here's how peanuts, peanut butter and peanut powder can increase your intake of plant based protein:

Make it Crispy: Use peanut flour to bread your chicken, turkey or beef.

Refresh Old Recipes: Stir peanut butter into your favorite chili recipe instead of ground beef.

Mix it up: Toss peanut powder into your favorite smoothie to make it a protein shake.

To download the full tip sheet click [here](#).

USDA's MyPlate: Pairing with Peanuts

Turn your resolutions into real solutions



Struggling to stick with your New Year's resolution to eat better? Increase your chances of success and improve your health by using peanuts to pump up the protein of any recipe. Research shows that eating a small amount of peanuts daily can help you live longer by reducing your risk of chronic disease. With more protein than any other nut, heart-healthy oils, and 19 vitamins and minerals, peanuts are a key part of a healthy diet.

While peanuts and peanut butter can be eaten alone, they are also the perfect partner for every food group. Here's how:



DIY Snacks: Personalize your trail mix using peanuts, dried fruits and seeds.

Sweet & Savory: Put peanut butter and strawberries in a tortilla, to make a unique quesadilla.*

Creamy Dip: Stir cinnamon into peanut butter and use as a dip for fresh fruits.



Add a Crunch: Toss peanuts into your favorite vegetable sauté.

Mix It Up: Blend peanuts into a classic hummus and use it to dip your veggies in. **Live in the Flavor:** Add peanuts to your best coleslaw recipe to give it a nutty flavor.*

Powerful Protein Shake: Blend peanut powder into your morning shake.*

Delicious Dessert: Microwave peanut butter and drizzle on top of your favorite ice cream.

Better Breakfast: Stir peanuts or peanut butter into your yogurt.

Rich & Creamy: Stir peanut butter into your oatmeal top with honey and sliced fruit.*

Satisfying Sauces: Use a peanut based sauce to drizzle over your favorite noodle dish.

Swap out Sugar: Spread peanut butter on your pancakes instead of syrup then top with fresh berries.

Stick to Classics: You can't go wrong with a PB&J sandwich!

Make it Crispy: Use peanut flour to bread your chicken, turkey or beef.

Refresh Old Recipes: Stir peanut butter into your favorite chili recipe instead of ground beef.*

We're social:



#PeanutPower

CLICK HERE for more recipes!

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

8 Better Breakfasts Include Peanut Butter

Peanuts secured the #3 spot according to The Food Network's article on 300-calorie breakfasts. The featured recipe: Peanut Butter Banana Toast with Chia Seeds. Try it!



This article was posted on The Food Network's Facebook page, which has a following of 13.2 million people!

Read the full article [here](#).

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