



Peanut Butter

Top 3 Excellent reasons to eat more peanut butter:

1. Peanuts are a healthy plant protein: peanuts have more protein than any other nut. They contain all 20 amino acids, including arginine which is crucial for heart health.
2. Peanuts have complex carbohydrates and fiber: they help you feel fuller longer and it helps feed the beneficial bacteria in your microbiome.
3. Peanuts are high in antioxidants: they have as many as fruits like strawberries! Antioxidants help your body counteract oxidative stress that can lead to chronic disease. Peanuts contain one particularly potent antioxidant, resveratrol. Resveratrol may help reduce your risk of cardiovascular disease, Alzheimer's disease, and cancer.

Each 2 tablespoons serving of peanut butter provides the following nutrients, minerals, and vitamins:

- **Protein.** Peanut butter contains about 7 to 8 grams of plant-based protein per 2-tbsp serving. This counts toward the recommended dietary allowances (RDA) for women of 46 grams and 56 grams for men, which varies by age and activity level.
- **Magnesium.** With about 57 milligrams of magnesium, each serving helps towards the RDA of 400–420 mg in men and 310–320 in women. Magnesium is essential for health, playing a role in over 300 chemical processes in the body.
- **Phosphorous.** Each serving contains about 107 milligrams of phosphorus, which is about 15.3 percent of the RDA of 700mg for adults. Phosphorus helps the body to build healthy cells and bones and helps cells to produce energy.
- **Zinc.** A serving of peanut butter provides about 0.8 mg of zinc. This is 7.7 percent of the recommended daily intake of 11 mg for men, and 10.6 percent of the RDA of 8 mg for women. Zinc is necessary for immunity, protein synthesis, and DNA formation.
- **Niacin.** Peanut butter contains 4.21 mg of niacin per serving, which makes a useful contribution towards a person's recommended intake of 14 to 16 mg. Niacin benefits digestion and nerve function and helps produce energy.
- **Vitamin B-6.** With 0.17 g of vitamin B-6 per serving, peanut butter provides almost 14 percent of an adult's RDA of 1.3 mg. Vitamin B-6 plays a role in over 100 enzyme reactions in the body and may be necessary for heart and immune system health.
- **Fiber.** A serving of peanut butter provides 2 grams of fiber, contributing to the daily recommended of 25 to 30 grams. Fiber is beneficial in weight management, decreasing risk for diabetes type 2 and coronary artery disease by lowering cholesterol levels.

Health benefits of peanut butter:

- Weight management

- Improved heart health
- Managing blood sugar levels
- Reduced risk for breast disease
- Improved muscle mass building

Good fit for:

- Plant-based diet
- Gluten-free diet
- High protein diet
- Vegan and vegetarians
- Mediterranean diet

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