



PEANUTS: A FLAVORFUL & FUN FIBER SOURCE

- Fiber is a type of carbohydrate in plant-based foods that provides various health benefits, and over 1/3 of the carbohydrates in peanuts is from fiber.

An ounce of peanuts contains about 2.5 grams or 10% of the daily value, **making them a "good source" of fiber.**¹

- Fiber adds bulk to our food that helps us to feel fuller after eating. Research shows that both peanuts and peanut butter promote satiety and weight management due to their high content of protein and fiber.²
- Although fiber is a carbohydrate, it is not absorbed by the body and does not raise blood sugar. Research has shown that both peanuts and peanut butter can help control blood sugar in both diabetics and healthy people.^{3,4}

The **2010 Dietary Guidelines** highlights fiber as one of the main nutrients lacking in the typical American diet.



Studies show that **diets high in fiber** can improve overall diet, help lower cholesterol, and reduce the risk of heart disease.⁵

- Peanuts and peanut butter are a favorite food that pairs well with other high fiber foods like fruits, vegetables, and whole grains. In fact, a peanut butter sandwich made with whole grain bread provides about 8g of fiber, or 1/3 of your daily needs.¹
- One study with kids showed that pairing peanut butter with veggies increased the amount and types of vegetables eaten.⁶ Meaning peanut butter can actually promote vegetable intake and high fiber foods in children.

REFERENCES:

1. USDA, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
2. Mattes, et al. Acute and second-meal effects of peanuts on glycaemic response and appetite in obese women with high type 2 diabetes risk: a randomised crossover clinical trial. *British Journal of Nutrition*, Available on CJO 2012 doi:10.1017/S0007114512004217.
3. Jenkins, D.J., et al. Nuts as a replacement for carbohydrates in the diabetic diet. *Diabetes Care*. 2011;34(8):1706-11.
4. Johnston, C.S. and A.J. Buller, Vinegar and peanut products as complementary foods to reduce postprandial glycemia. *J Am Diet Assoc*. 2005;105(12):1939-42.
5. Periera, et al. Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *JAMA*.2004;164(4):370-376.
6. Johnston, et al. Increasing Vegetable Intake in Mexican-American Youth: A Randomized Controlled Trial. *J Am Diet Assoc*. 2011;111:716-720.