



**MYTH:** Peanuts and peanut butter are high in fat and calories that cause weight gain.

Together, the following three components account for **nearly ALL of the calories consumed from peanuts:**

### 1. PEANUTS ELICIT STRONG DIETARY COMPENSATION.

Peanut eaters feel satisfied and less hungry. Research shows people naturally compensate for up to **75%** of the calories consumed from peanuts by consuming fewer calories throughout the day.<sup>3</sup>

Recent research shows consuming peanuts or peanut butter for breakfast can increase a hormone that promotes satiety and fullness, and people who consumed peanuts or peanut butter for breakfast reported a lower desire to eat up to 8 to 12 hours later.<sup>3</sup>

### 2. NOT ALL OF THE CALORIES IN PEANUTS ARE ABSORBED.

Research shows that **15-18%** of calories from peanuts are excreted and not absorbed by the body.<sup>3,4</sup>

### 3. PEANUTS INCREASE METABOLISM.

In one study, resting energy expenditure was **11%** greater after regular peanut consumption for 19 weeks compared to baseline.<sup>5</sup>



#### THE COMPLETE PACKAGE

There is no individual component of peanuts shown to be responsible for their powerful effects on health and diet; it is the complete package they provide that offers these benefits.

#### EAT A HANDFUL A DAY

Peanuts and peanut butter can help with weight maintenance, but portion control should still be considered. The majority of the calorie compensation is dependent on decreased food consumption throughout the day; and although peanuts and peanut butter can make you feel fuller and more satisfied, they are more effective for weight maintenance when included as a part of a calorie controlled diet.<sup>2</sup>

Research consistently shows that a 1-ounce serving of peanuts or a tablespoon of peanut butter daily can help reduce the risk of many chronic diseases and promote weight maintenance and satiety.<sup>3,6,7</sup>



# REFERENCES



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