Add to Your Plate to Manage Weight

In a controlled human weight loss study at Harvard Medical School and Harvard School of Public Health, participants who consumed a moderate-fat diet, rich in unsaturated fat mainly from peanuts and peanut butter proved to be successful in maintaining the weight loss after 18 months [1]. Researchers also found that over twice as many people were able to stick with the moderate-fat peanut-rich diet more than the low-fat diet. In another study, researchers showed that how you lose weight is important. A moderate fat diet including peanuts kept triglyceride levels low during weight loss and weight maintenance, whereas the low fat diet caused a rebound in triglycerides during weight maintenance [2].

Time and time again, peanuts and peanut butter prove to be an excellent healthy snack choice or meal addition to reduce hunger, manage weight, control blood sugar, and improve nutritional status. In just a handful, peanuts package of healthy fats, protein, fiber, vitamins, minerals, and bioactives that are readily available, while contributing significantly to the nutrient content of your diet. They are readily available, filling, and high in protein, fiber, and healthy fats.

Adding peanuts and peanut butter to your plate not only helps your blood sugar, but it can help you manage your weight. In the past years, while attempting to lose weight, many people have resorted to consuming low-fat, calorie restricted diets. However, as obesity rates continued to rise, research has begun to show that this dietary strategy for weight loss was not the best. Science has shown that a shift towards moderate fat diets for weight loss has proven to be more successful and also more beneficial...
A Measure for Health

Try swapping your snack for improved nutrition to promote weight loss and enhance your health. It is that simple. By easily substituting healthy snacks like peanuts or peanut butter in place of snacks high in bad fats, sugar, and calories you will add valuable nutrients to your diet, and increase your satiety, which will keep you feeling fuller longer.

Research being conducted at the Baylor College of Medicine USDA/ARS Children’s Nutrition Research Center in overweight Mexican-American adolescents is showing that this is effective. By substituting one ounce of peanuts or two tablespoons of peanut butter daily in place of snacks high in bad fats or sugar, kids in the study have reported feeling less hungry after school, and they are losing weight and improving their blood lipids (6,7). Swapping peanuts for less nutritious snacks has also helped them to increase their intake of hard-to-get vitamins and minerals.

A small amount of peanuts or peanut butter will boost your nutrient intake by providing plant protein, fiber, healthy unsaturated fats, vitamins and minerals.

Want a little variety? Top your yogurt with crushed peanuts, spread peanut butter on an apple or whole grain waffle, or make homemade trail mix with peanuts and a variety of dried fruits.

What’s Yours?

Planning for Vulnerability

Dr. John Foreyt, Director of the Behavioral Research Center at Baylor College of Medicine stated, “The most vulnerable time of the day for people is late afternoon between lunch and dinner at about 4:30pm.” Have you noticed yourself looking for something to munch on?

In an attempt to eat less you may try to hold off until dinner at these vulnerable snack times which is a challenge. By doing so you may even set yourself up for overeat. Planning for these critical times in your day with a healthy, nutrient-dense snack will help to keep you satisfied and last until dinner, preventing you from overeating while maintaining a healthy diet.

A handful of peanuts or a few spreads of peanut butter will give you the lasting energy you need, while not overfilling your belly. In addition, you will be treating your body to important nutrients that it needs each day.

It’s Simple:

Peanuts Help Keep the Calm

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A Measure for Health

Approximation of the amount to eat. That fits into each person’s hand is a good man. It is a simple concept; the portion palms of our hands! Think about the certain snacks in the right portions – the perfect measurement tool for eating us on our path to health? Our own a unique built-in measure that can help were you aware that each one of us has about the size of a tablespoon) of peanut butter, eating one handful (about one ounce) a day of peanuts, which is roughly one ounce, packs disease fighting bioactives like resveratrol. About 7g of protein, 2g of fiber, and a significant term health. For example, just one handful of peanuts, which is roughly one ounce, packs the perfect serving – if you are hungry in between meals or need an energy boost. But, be mindful not to go overboard, and know your serving size like you know the inside of your palm.

Planning for Vulnerability

A handful of peanuts or a few spreads of peanut butter can significantly improve your chronic disease risk. Population studies have shown that small amounts of peanuts and peanut butter eaten daily can cut your risk of heart disease in half (6) and your risk of diabetes by 25% (7). So use your palm as the perfect measuring tool – a good estimate of one serving – if you are hungry in between meals or need an energy boost. But, be mindful not to go overboard, and know your serving size like you know the inside of your palm.

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Did you know that depending on the food you eat, its nutrients are absorbed into your blood at different rates and amounts? This becomes important as sugars from food enter our blood. We have all experienced the sluggishness that comes after eating certain high sugar foods or too much food. What is really happening is that your blood sugar is spiking fast and then dipping too low. When we eat foods that make our blood sugar go high we are actually increasing our risk of weight gain and chronic diseases like diabetes (4,5). The foods that contribute most to this are foods that have a high glycemic index and a high glycemic load.

Choosing the right snacks and appropriate food combinations can help keep your blood sugar levels on more of an even keel. Research has shown that the right food choices can improve satiety and how your body utilizes the sugar that enters your blood (8,9). Peanuts and peanut butter have a low glycemic index and glycemic load. This means that they will not make your blood sugar spike high and dip low like a roller coaster – they will help “keep the calm.” Their balance of protein, fiber, and healthy fats make them an ideal food for stabilizing blood sugar levels and boosting energy all day long.

Peanut butter and other healthy fats can also be added to meals to help with stabilizing blood sugar. A research study conducted at Arizona State University fed two high glycemic meals, the kind that makes blood sugar levels rise high – a bagel with butter and juice, or a teriyaki stir-fry with butter. Then they added peanut butter to the bagel and peanuts to the stir-fry in place of butter. They found that blood sugar levels were significantly improved at 30 and 60 minutes when subjects ate the meals with peanuts and peanut butter (10). Adding peanuts to your salad, stir-fry, or entree, and peanut butter to your fruit, dressing, or dessert can not only help to keep you satisfied, but can also improve your overall health and energy level.
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