Comparison of the Peanut Butter Diet, the DASH Diet and the 2005 Dietary Guidelines

If you’re looking for a diet that fits easily into the 2005 Dietary Guidelines plan, then look no further than The Peanut Butter Diet Book. The Peanut Butter Diet fits perfectly with the 2005 Dietary Guidelines and provides many health benefits.

The Peanut Butter Diet is a nutritious, calorie-controlled, moderate-fat diet plan built around one of America’s favorite foods—peanut butter. Peanut butter is rich in good, heart healthy monounsaturated fats, which help to lower blood cholesterol levels. This plan allows women to eat 4 tablespoons (men can eat 6 tablespoons) of peanut butter everyday and still lose weight! So, how does The Peanut Butter Diet stack up to other popular plans? Look inside for a comparison of The Peanut Butter Diet against the 2005 Dietary Guidelines plan and the DASH (Dietary Approaches to Stopping Hypertension) diet, which is recommended by the Dietary Guidelines as an alternative healthy eating plan.

Did you know! Research from Penn State University found that diets that included peanuts and peanut butter lowered cardiovascular disease risk by 21%, whereas the low-fat diet decreased the risk by only 12% (1).
History of the Diets

The DASH Diet

The DASH Diet was developed by research scientists and supported by the National Heart, Lung, and Blood Institute (NHLBI).

The specific goal of the diet is to reduce blood pressure by including whole foods such as fruits, vegetables, nuts, seeds, and grains. The DASH diet is low in red meat, sweets, and sugar-containing beverages and rich in nutrients such as magnesium, potassium, calcium, protein, and fiber. Scientists believe that the combination of these nutrients actually results in the blood pressure lowering benefits seen in clinical trials (2).

Although the DASH diet was not specifically designed to promote weight-loss, weight-loss can be achieved by choosing a reduced-calorie eating plan, such as the DASH Diet.

The 2005 U.S. Dietary Guidelines

The U.S. Dietary Guidelines were released on January 12th 2005, and they provide specific recommendations to help people make smart choices about the foods they eat. The Guidelines provide a framework for healthy eating plans that emphasize selections from a variety of nutrient-packed foods balanced with daily physical activity — the keys to a healthy lifestyle. These habits pave the way for a long and healthy life and help to reduce the risk of many chronic diseases, including heart disease, diabetes and cancer (3).

The Peanut Butter Diet

The Peanut Butter Diet emerged from a growing body of research on the health benefits of peanuts and peanut butter. For example, researchers at the Brigham and Women's Hospital in Boston and the Harvard School of Public Health discovered that patients following a moderate-fat diet that included peanut butter and peanuts were better able to stick with the plan than patients on a lower-fat diet (4). Patients also tended to stick with the moderate-fat diet after the study, and maintain their weight loss (4).

This inspired the creation of The Peanut Butter Diet, a nutritious weight-loss plan that includes daily servings of peanut butter.

1500-Calorie Diet Comparison: DASH, U.S. Dietary Guidelines, and The Peanut Butter Diet

<table>
<thead>
<tr>
<th>Food Categories</th>
<th>DASH Diet 1500-kcals</th>
<th>U.S. Dietary Guidelines 1500-kcals</th>
<th>The Peanut Butter Diet 1500-kcals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits &amp; Vegetables (servings)</td>
<td>8</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>Dairy (servings) low-fat/ nonfat</td>
<td>3 servings</td>
<td>3 c or 3 servings</td>
<td>1 or 2 servings</td>
</tr>
<tr>
<td>Fats (g)</td>
<td>45 (27% of kcals)</td>
<td>33-58 (20-35% of kcals)</td>
<td>58 (35% of kcals)</td>
</tr>
<tr>
<td>Saturated</td>
<td>Less than 7%</td>
<td>Less than 10%</td>
<td>Less than 7%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>16.6</td>
<td>18.3</td>
<td>26</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>9.2</td>
<td>15</td>
<td>21</td>
</tr>
<tr>
<td>Protein (meat, poultry, fish)</td>
<td>2 and 1/2 servings</td>
<td>2 servings</td>
<td>2 servings</td>
</tr>
<tr>
<td>Nuts, seeds, legumes</td>
<td>1 and 1/2 servings per week</td>
<td>Nuts/healthy oils-daily</td>
<td>2 servings of peanut butter daily</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>5.5 servings</td>
<td>5 servings</td>
<td>3-6 servings</td>
</tr>
<tr>
<td>Fiber (gm)</td>
<td>27</td>
<td>21</td>
<td>28</td>
</tr>
<tr>
<td>Sodium</td>
<td>2400</td>
<td>2300</td>
<td>2400</td>
</tr>
</tbody>
</table>

-2 — www.peanut-institute.org —
Food Category Comparison

Fruit and Vegetable Category

All three diets are rich in nutrient-dense fruits and vegetables. However, at 1500 calories The Peanut Butter diet provides the greatest amounts of these items with 9 suggested servings per day – 3 servings of fruit and 5 to 7 servings of vegetables. Likewise, if consuming a 1500-calorie diet, the Dietary Guidelines recommend 7 servings of fruits and vegetables per day (3 servings of fruit and 4 servings of vegetables), and the DASH diet provides 8 servings of fruits and vegetables daily (4 servings of fruit and 4 servings of vegetables).

The Dairy Category

The Peanut Butter Diet recommends 1 to 2 servings of low- or non-fat dairy items per day while the DASH diet and the Dietary Guidelines both recommend 3 servings of low- or non-fat dairy per day.

The Fats Category

The new 2005 Dietary Guidelines recommend a healthy range of total calories from fat, (20 to 35%) (3). That translates into 35 to 58 grams of fat per day at the 1500-calorie level. In addition, the new Guidelines recommend that most of these fats come from heart-healthy polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils (3).

The Dietary Guidelines also recommend consuming less than 10 percent of calories from saturated fats, and less than 300 mg/day of cholesterol and to keep consumption of trans fats as “low as possible” (3).

All three diets provide plenty of heart-healthy unsaturated fats, while keeping saturated and trans fats to a minimum. However, The Peanut Butter Diet is unique because it allows you to consume a tasty treat that just happens to improve cardiovascular health at the same time.

The Meat and Bean Category

At the 1500-calorie level, the Dietary Guidelines recommend four ounces of protein from the meat and bean section a day, which equates to approximately two 2-ounce servings of protein a day. The DASH diet on the other hand recommends 2 1/2 or less servings of lean protein from the meats, poultry and fish category with another 1 and 1/2 oz serving of protein coming from the nuts, seeds, and dry beans section no more than 3 times per week. The Peanut Butter Diet allows for two 3-ounce servings of protein from the lean meats, poultry, and fish category per day. In addition, you get an extra 2 servings of protein. This equates to an additional 16 gms of protein per day from the 4 tablespoons of peanut butter you consume on the diet. This brings your daily servings of protein to 4 per day.

Needless to say The Peanut Butter Diet is not only packed with delicious creamy peanut butter but it’s also packed with muscle building protein that aids in weight loss and suppresses hunger throughout the day.

The Carbohydrate/Grains Category

The 2005 Dietary Guidelines recommend that Americans consume 5 servings of grains per day at the 1500-calorie level with at least 3
Fiber

The 2005 Dietary Guidelines recommend that Americans get 14 grams of fiber per 1000 calories consumed. Based on this recommendation, a person would need 21 grams of fiber per day at the 1500-calorie level. The DASH diet is noted for being a rich source of fiber. At the 1500-calorie level, it is estimated that the DASH diet would provide between 26 and 28 grams of fiber per day. The Peanut Butter Diet is also rich in dietary fiber. Four tablespoons of peanut butter provides four grams of fiber. In addition, fiber is found in the multitude of fruits, vegetables, and whole grains recommended. At the 1500-calorie level, The Peanut Butter Diet provides 28 grams of fiber per day on average. That's 7 grams more than what a person would get following the Dietary Guidelines Plan.

Conclusion

Overall, The Peanut Butter Diet stacks up quite well when compared to the DASH diet and the Dietary Guidelines, and in many of the categories exceeds the recommendations. The Peanut Butter Diet is actually a weight-loss plan that can also help lower cholesterol, lower triglycerides, decrease the risk of heart disease and diabetes and improve diet quality. The primary goal of the Dietary Guidelines is not to induce weight-loss but rather to lower the risk of chronic disease and promote good health. If followed accordingly along with a consistent fitness regimen, many Americans will benefit from the recommendations. Ironically, the DASH diet and The Peanut Butter Diet are quite similar, minus the 4 tablespoons of peanut butter. They both have a strong emphasis on fruits, vegetables, good fats, fiber, and nutrients. However, the primary goal of the DASH diet is to control blood pressure.

Bottom-line, if your goal is to drop a half a pound or more a week and still enjoy the food you eat then you will want to give the Peanut Butter diet a try.

References


