PACK PEANUTS FOR A BETTER LUNCH

PEANUTS AND PEANUT BUTTER ARE A FAVORITE FOOD.

• Peanuts and peanut butter are an American favorite, accounting for two-thirds of all nuts eaten in the U.S.¹
• Research shows that peanuts have an enjoyable flavor and people do not get tired of eating them, even after 8-weeks of replacing all fat in the diet with peanuts.²
• According to the USDA MyPlate, peanuts are part of the protein group, which should make up roughly a quarter of your plate and 15-35% of your daily calorie intake.³ Pairing them with a whole grain and fruit or vegetable creates a complete, well-balanced meal.

THEY ARE AFFORDABLE, CONVENIENT, AND PACKED FULL OF NUTRIENTS.

• Peanuts and peanut butter provide protein and fiber to keep you feeling fuller longer so you can get the most out of your meal.
• They are a good or excellent source of 8 vitamins and minerals making them the most nutrient dense nut.⁴
• A peanut butter sandwich with a piece of fruit and a glass of milk is easy to make, provides almost 20g of protein and about 10g of fiber, and costs about $1.76 for the entire meal.⁴,⁵

PEANUTS CAN IMPROVE OVERALL NUTRITION FOR KIDS AND ADULTS.

• Research shows that kids who snack on peanuts maintain their weight better than kids who choose other snack foods.⁶ Also kids who dip their vegetables in peanut butter eat more vegetables.⁷
• In adults, peanuts and peanut butter can improve heart health, promote blood sugar control, and help with weight maintenance.⁸
• As peanuts and/or peanut butter are currently eaten they help men and women meet at least 20% of the RDA for vitamin E, magnesium, folate, zinc, potassium, vitamin A, and calcium, and 80% or more of niacin, iron, phosphorus, selenium, and vitamin B6.⁹

ANY WAY YOU LIKE IT

Go traditional or try your own ways to incorporate peanuts and peanut butter into your lunch. Try sprinkling peanuts on a salad or wrap for added crunch and flavor or simply pack peanuts or peanut butter as a snack to keep you going.

Photo Source: Prevention.com
FOR A TWIST ON A CLASSIC, TRY ONE OF THESE KICKED-UP PEANUT BUTTER SANDWICHES:

**Banana Nutter Butter**
Two slices of whole grain bread topped with peanut butter, banana, and honey.

**Peanut Butter and Fig Jam**
Whole wheat bread with crunch peanut butter and fig jam sprinkled with cinnamon and nutmeg.

**Roasted Turkey, Apple, and Peanut Butter**
Multigrain bread with honey mustard and peanut butter topped with roasted turkey and thinly sliced granny smith apples.

**Peanut Butter Grilled Cheese**
Peanut butter added to your favorite grill cheese sandwich for the ultimate creamy and savory combo.

**Peanut Butter & Grilled Chicken**
Whole wheat pita bread with peanut butter, grilled chicken, mozzarella cheese, and arugula.

**Peanut Butter Roast Beef Club**
Multigrain bread with peanut butter, provolone cheese, roast beef, honey ham, and thinly sliced pear.

**The Fluffernutter**
Marshmallow fluff and peanut butter on whole grain bread.

**Sweet and Savory Turkey**
Multigrain bread topped with nutella, peanut butter, mozzarella cheese, and honey roasted turkey.

**REFERENCES**

5. [www.peapod.com](http://www.peapod.com), 2013