DID YOU KNOW...
Kid’s will eat more vegetables if they dip them in peanut butter?!

Not only do kids increase their vegetable consumption by dipping their veggies in peanut butter, but they are getting even more nutrients from the peanut butter! Peanut butter is rich in the Dietary Guidelines nutrients of concern, namely vitamin E, magnesium, potassium, and fiber. Peanut butter also offers the benefit of satiety so kids feel fuller! Other dips commonly paired with vegetables, like ranch dressing, contain considerably less nutrients.

Source: Johnston, et al., 2011; JADA

Children are more likely to lose weight if peanuts are included in their diet.

A weight loss study carried out in schools in high-risk children swapped peanuts for less healthy snacks. Results showed that the children that consumed peanuts improved their weight and zBMI was maintained over 2 years.

Baseline to 1 year

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<tr>
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<th>0%</th>
<th>25%</th>
<th>50%</th>
<th>75%</th>
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<tr>
<td>Control</td>
<td>35.5</td>
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<td>64.5</td>
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At 1 year, 80% of the “treatment group” (the children who swapped peanuts) decreased or maintained weight, while almost 65% of the control group gained weight.

Baseline to 2 years

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<td>Control</td>
<td>35.3</td>
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At 2 years, 62% of the “treatment group” decreased or maintained, which 65% of the control group gained weight.

Source: Johnston, et al., 2009; Obesity

Why do peanuts help with weight loss/maintenance?

• They contain fiber and more protein than any other nut so you stay full longer.
• Peanuts keep your blood sugar stable which can prevent binge eating.
• Peanuts may not be fully absorbed during digestion so you actually consume fewer calories.

Eat well, eat peanuts!

1-888-8PEANUT

Peanut Hummus Recipe

3 cup garbanzos, soaked overnight
1/2 cup lemon juice
water as needed
2/3 cup creamy peanut butter
1 bu. italian parsley, chopped fine
1 ea. jalapeño, seeds removed, chopped fine
2 ea. garlic cloves, chopped fine
peanut oil to taste
salt and pepper to taste

Cook garbanzos slowly in water until very soft. (May substitute canned garbanzos but limit the salt added to taste). They should be very mushy when one is taken and smashed between the fingers. Drain.

In food processor, place all the garbanzos and process with some of the lemon juice, peanut oil, salt, pepper, and water. Process until smooth. Scoop the mixture into a bowl. Add peanut butter. Stir well and adjust with oil and water for texture, and salt and pepper for taste.

Make topping by combining parsley, jalapeño, and garlic in a small bowl. Cover with peanut oil. Season to taste with salt and pepper.

Yield: 8 Cups

Recipe Courtesy of the Culinary Institute of America for The Peanut Institute
DID YOU KNOW...

Only 21.4% of children in the US consume the recommended five servings of fruits and vegetables daily. Research shows that school children increase the amount and types of veggies eaten when dipped in peanut butter.

Johnston, JADA, 2011