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# Peanut Nutrition

**\*PEANUTS PROVIDE A GREAT SOURCE OF PROTEIN AND NUTRIENTS. WHEN PART OF A HEALTHY DIET THEY CAN HELP PREVENT DISEASE AND MANAGE WEIGHT.**



**DID YOU KNOW...?**

## **Peanut Facts**

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Botanically, peanuts are not actually in the nut family. They are classified as legumes along with foods like green peas, soybeans, and lentils.

Peanuts and peanut butter have been shown to keep you satisfied longer, helping to reduce calorie intake.

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Many people believe the peanut is not as nutritionally valuable as tree nuts like almonds, walnuts, or cashews.

Peanuts have many of the same health benefits as the more expensive nuts and should not be overlooked as a nutritious food.

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Decades of research shows that eating peanuts regularly reduces the risk of heart disease.

Eating peanuts also reduces high blood pressure, high cholesterol and helps keep blood vessels healthy.

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Peanuts have the most protein of any nut.

Source: <https://www.webmd.com/diet/health-benefits-peanuts#1>

# Main Health Benefits of Peanuts

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## Support Heart Health

- Peanuts contain more healthful monounsaturated and polyunsaturated fats than they do saturated fats which helps to improve cholesterol levels.

## Maintain Healthy Weight

- Research from the Nurses' Health study found that women who ate nuts, including peanuts, twice a week had a slightly lower risk of weight gain and obesity over 8 years than those who rarely ate nuts.

## Manage Blood Sugar Levels

- Peanuts help control blood sugar levels because they are relatively low in carbohydrates but high in protein, fat, and fiber. Research suggests that eating peanut butter or peanuts may help with obesity and those with a higher type 2 diabetes risk to manage their blood sugar levels.



# Main Health Benefits of Peanuts cont.

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## Reduce Diseases

- Peanuts are an excellent source of niacin and a good source of Vitamin E, two nutrients that have been shown to prevent Alzheimer's disease and age-related cognitive decline.

## Digestive System and Inflammation

- Peanuts are a good source of fiber, helping to reduce inflammation in the body as well as providing support for the digestive system.

## Post Workout Recovery

- Peanut butter helps you recover after a workout. It's high in protein, which you need to boost recovery after going hard at the gym



# Peanuts

## Nutrition Facts

✓ Cholesterol-Free

✓ Low-Sodium

An excellent source of monounsaturated fatty acids, which may help to lower cholesterol levels

A serving of peanuts is equal to 1 ounce (28g) or roughly 28 peanuts. The following nutrition information is provided by the USDA for a serving of raw, unsalted peanuts

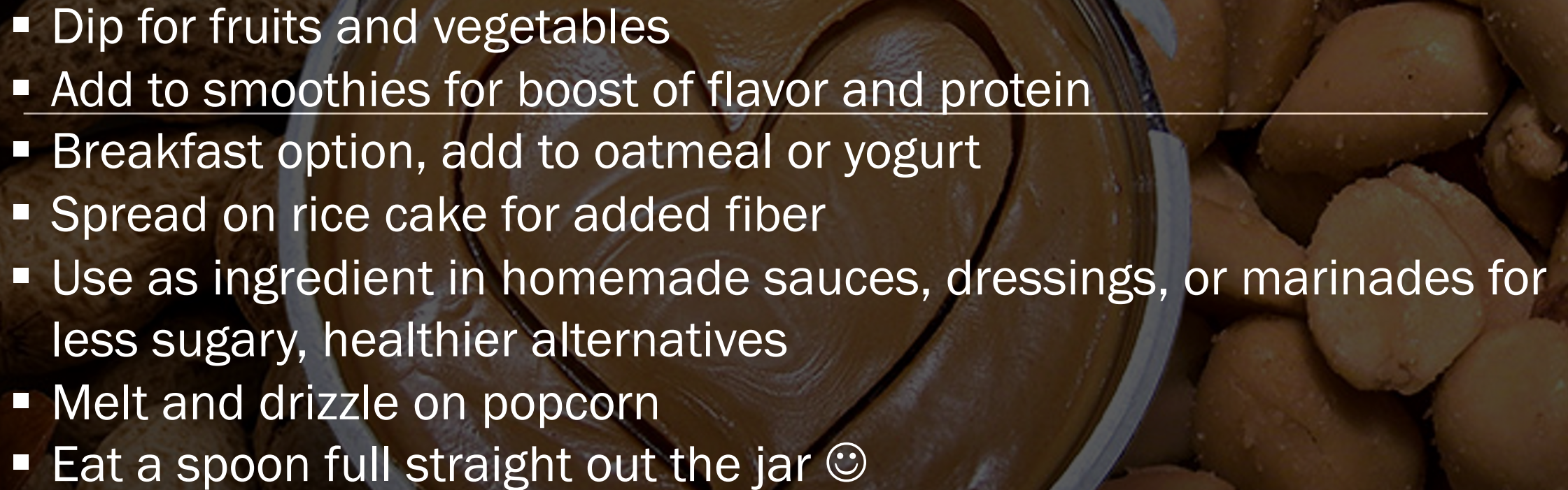
161  
CALORIES

2.4g  
FIBER

4.6g  
CARBS

14g  
FAT

7.3g  
PROTEIN

- 
- A top-down view of a glass jar filled with smooth peanut butter, surrounded by a large quantity of peanuts. The background is dark, making the light-colored peanut butter and peanuts stand out.
- Dip for fruits and vegetables
  - Add to smoothies for boost of flavor and protein
  - Breakfast option, add to oatmeal or yogurt
  - Spread on rice cake for added fiber
  - Use as ingredient in homemade sauces, dressings, or marinades for less sugary, healthier alternatives
  - Melt and drizzle on popcorn
  - Eat a spoon full straight out the jar 😊

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## **Creative Ideas to add more Peanut Butter into your diet**

Click the link for more healthy peanut butter snack ideas:  
<https://www.eatthis.com/news-one-peanut-butter-snack/>

**RECAP  
VIDEO:  
Peanut  
Nutrition**



# References

Bes-Rastrollo, M., Wedick, N. M., Martinez-Gonzalez, M. A., Li, T. Y., Sampson, L., & Hu, F. B. (2009). Prospective study of nut consumption, long-term weight change, and obesity risk in women. *The American Journal of Clinical Nutrition*, 89(6), 1913–1919. <https://doi.org/10.3945/ajcn.2008.27276>

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Shereen Lehman, M. S. (2020, August 3). *Peanut nutrition facts and health benefits*. Verywell Fit. Retrieved February 2, 2022, from <https://www.verywellfit.com/peanuts-and-peanut-butter-are-good-for-your-diet-2506569>

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# Class Activity:

## Healthy Snacks made with Peanuts or Peanut Butter

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### SUPPLIES NEEDED:

(TEACHER WILL PROVIDE)

- Variety of ingredients such as rice cakes, popcorn, fresh fruit, granola, vegetables, yogurt, pita chips, etc.
- Disposable plates, bowls, flatware
- Chromebooks / Internet Connection
- Instructional Resources for reference (refer to class notes from presentation)

### INSTRUCTIONS FOR LAB ACTIVITY:

- Divide class into groups of 3-4 (depending on class size)
- Groups will create a healthy snack recipe based on the prompt, made with peanuts or peanut butter, utilizing the provided ingredients.
- Groups will produce their quick and easy healthy snack recipe for the class. **Must include peanuts or peanut butter**
- Present completed snack to class for tasting and evaluation for nutritional value.
- Submit final copy of recipe and picture of completed product to the class portal.