

Things I like to eat:

Peanut Butter



Summary: I love the stuff. I eat natural peanut butter, but even your basic variety is good ([see webpage](#)). I have it everyday either in a smoothie, my oatmeal, and on toast. It is reasonable in price and a little goes a long way because of the caloric density. One tablespoon per meal is what I recommend most of my female clients, while up to two for my larger male clients. So understand that it is high calories so you need to portion it out based on your body weight goals. **Why do I like it so much?** Beyond its delicious taste it is a very nutritious, plant based form of healthy fats and protein. Peanut butter is comprised of about 25% protein, making it an excellent plant-based protein source. However, it is low in the essential amino acid methionine. So to make it complete protein by having it with whole grain bread or another wheat/grain source. *Nutrition 101: By combining complementary proteins -- grains, like rice or bread, and plant-based protein sources, like peanuts, peanut butter or beans – you create a complete protein.* It also includes vitamin E, magnesium, iron, selenium and vitamin B6. Research shows that people who regularly eat nuts and nut butter, including peanut butter, are less likely to develop heart disease and type 2 diabetes. According to WebMed one study showed that eating peanuts every day can decrease the overall risk of death by up to 21% – and reduces the occurrence of heart disease by 38%. As mentioned, peanuts are a great source of antioxidants like manganese, vitamin E, and B vitamins. These compounds act to prevent and repair cell damage in your body, and this effect can reduce your risk of chronic diseases like cancer. It gives the satiety effect that I need in many of my meals. In other words it helps curb my appetite because of its fat and protein content. Remember, eating too much can make you gain weight because it is packed with calories and fats. So moderation is key. You should also always check the label for unhealthy added ingredients, such as too much sugar, trans fat, and vegetable oils. Some people have peanut allergies, which can be fatal in some cases. Avoid all peanut products if you have a peanut allergy.

Is peanut butter healthy? Yes, says the Harvard Heart Letter

Natural is somewhat better than Processed (less sugar and sodium)

**Natural
Peanut Butter**

Nutrition Facts

Serving Size: 2 tbsp (32g)

Amount Per Serving

Calories 190 **Calories from Fat** 150

% Daily Value*

Total Fat 17 g **26%**

Saturated Fat 2.5 g **12%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Potassium

Total Carbohydrate 6 g **2%**

Dietary Fiber 2 g **8%**

Sugars 1 g

Sugar Alcohols

Protein 8 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 20 mg 2%

Iron 0.72 mg 4%



Nutrition Facts
Serving Size 2 Tbsp (32g)
Servings Per Container about 15

Amount Per Serving

Calories 190 **Calories from Fat** 150

% Daily Value*

Total Fat 17g **26%**
Saturated Fat 3.5g **18%**

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 7g **2%**
Dietary Fiber 2g **8%**
Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%
Niacin 20% • Vitamin E 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Not a large amount of Sat. Fat