



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.



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