

## Study Shows Peanuts May Be Nature's Vitamin Pill

(NAPSA)—Peanut lovers may have another good reason to come out of their shells. A new study from Pennsylvania State University shows that just one serving of peanuts or peanut butter a day can help children and adults meet requirements for nutrients often lacking in American diets. The data comes from a United States Department of Agriculture national survey of what people are eating and shows that peanut eaters had higher intakes of several hard-to-get nutrients compared to those who do not consume peanuts.

The 2005 Dietary Guidelines Advisory Committee has discovered that vitamin A, vitamin E, vitamin C, calcium, magnesium, potassium and fiber are all lacking in typical American diets. This study shows that eating just one daily serving of peanuts or peanut butter can help children and adults meet nutrient needs. For this reason, peanuts have often been referred to as “Mother Nature’s multivitamin.”

Vitamin E, which is hard to get from foods, is thought to help prevent heart disease, Alzheimer’s disease, and dementia. One serving of peanuts or peanut butter contains 16 to 18 percent of the Daily Value for vitamin E. One serving of peanuts also contains almost 10 percent of the Recommended Dietary Allowance for folate, which is important for reducing the risk of heart disease, as well as preventing neural tube defects in unborn babies.

Americans are currently consuming only about half of the fiber



**The USDA study also showed that peanut eaters had leaner bodies than non-peanut eaters.**

they need each day. Fiber consumption has been linked to a reduced risk of cardiovascular disease and diabetes. A one-ounce serving of peanuts or a two-tablespoon serving of peanut butter contains about two grams of fiber—that’s as much as a slice of whole-wheat bread. This study also helps to dispel the myth that higher-fat foods automatically lead to weight gain. The peanut eaters had leaner bodies compared to the non-peanut eaters as measured by body mass index (BMI), an indicator of body fatness.

Add chopped peanuts to fruit salad or spread peanut butter on apple or pear slices to satisfy hunger. Drizzle melted peanut butter over non-fat ice cream for a sweet treat.

To learn more about peanuts and health, visit [www.peanut-institute.org](http://www.peanut-institute.org).