

What's Age Got To Do With Eating Peanuts And Peanut Butter?



(NAPSA)—No matter what your age, peanuts and peanut butter can play an essential (and tasty!) role in a nutritious diet. As adults age, physical and metabolic changes alter daily nutritional requirements. Unique nutrition-related issues can affect food preference and selection.

Peanuts are a nutrient-dense source of energy and provide protein, natural sources of vitamin E, folate, niacin, zinc, magnesium, phosphorous and dietary fiber. Peanuts also are naturally cholesterol-free and a good source of vegetable protein. One ounce of peanuts provides five percent of the average energy needs for most adults over 50 and 10-12 percent of the recommended daily allowance of protein.

Bob Greene, celebrity fitness trainer and author, recommends incorporating nutrient-packed ingredients such as peanuts and peanut butter into a well-balanced diet. Greene also praises peanuts for their widespread availability and versatility, especially when they are incorporated into sauces, marinades, dips, salad dressings and smoothies.

The National Peanut Board offers an exotic way to “sandwich” hunger and nutrition with a refreshing, island-inspired recipe:

Caribbean Chicken Salad With Peanuts

1 head romaine lettuce, torn into pieces

½ cup sliced green onions

1 cup shredded grilled chicken

1 papaya, halved, seeded, peeled and sliced

1 cup raspberries

½ cup peanuts

Chutney Dressing

In blender or food processor combine ½ cup each peanuts and mayonnaise, ¼ cup chutney, 2 tablespoons each sugar and raspberry vinegar, and 1 teaspoon curry powder; blend until smooth. Makes about 1 1/3 cups of dressing.

Prepare Chutney Dressing and set aside. Toss lettuce with green onions and divide among 4 serving plates. Top with chicken, papaya slices and raspberries; sprinkle with peanuts. Serve with Chutney Dressing. Yield: 4 servings (¼ salad per serving).

Nutrition Per Serving: 605 cal; 38 g carb; 26 g pro; 43 g fat; 43 mg chol; 9 g fiber; 221 mg sod. (Source: USDA Handbook #8.)

For more recipes, visit the National Peanut Board web site at www.nationalpeanutboard.org.