



Healthful Peanut Butters

There aren't many people who don't like peanut butter. Fortunately, it's chock-full of nutrients, such as protein, fiber, vitamin E, niacin and magnesium. Research shows that peanut butter eaters have lower rates of heart disease and type 2 diabetes, on average, than those who don't eat peanut butter. *To keep it healthful...*

Don't exceed a two-tablespoon serving daily (the size of a walnut in a shell). Peanut butter is high in calories and fat—fortunately, it's heart-healthy, unsaturated fat.

Know which ingredients to avoid. Stay away from peanut butters with artery-clogging trans fats (partially hydrogenated oil). Also look for peanut butters without added sugar or salt. If you must have added salt for flavor, choose a brand with less than 120 mg per two-tablespoon serving.

*My three favorite peanut butters (and nutritional details based on a two-tablespoon serving size)...**

Arrowhead Mills

ORGANIC VALENCIA CREAMY

190 calories...17 g of fat...2.5 g of saturated fat...0 g of trans fat...and 0 mg of sodium.

MaraNatha

ORGANIC CREAMY AND ROASTED

190 calories...16 g of fat...2 g of saturated fat...0 g of trans fat...and 0 mg of sodium.

Smuckers

NATURAL CREAMY

210 calories...16 g of fat...2.5 g of saturated fat...0 g of trans fat...and 0 mg of sodium.

*All are unsalted. They are "creamy" varieties, but "chunky" is just as nutritious.

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