

Is peanut butter good for you?

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Peanut butter provides a good amount of protein, along with essential vitamins and minerals. Each two-tablespoon serving (Table 1) provides the following nutrients, minerals and vitamins:

- **Protein:** Peanut butter contains 7,02g of protein per two-tablespoon serving. This counts toward the recommended dietary allowances (RDA) for women (46g) and for men (56g).
- **Magnesium:** With 57mg of magnesium, each serving contributes to the RDA of 400 to 420mg in men, and 310 to 320mg in women. Magnesium plays an essential role in over 300 chemical processes in the body.
- **Phosphorus:** Each serving contains 107mg of phosphorus, which is about 15,3% of the RDA of 700mg for adults. Phosphorus helps the body build healthy cells and bones, and helps cells produce energy.
- **Zinc:** One serving of peanut butter provides 0,85mg of zinc. This is 7,7% of the RDA of 11mg for men, and 10,6% of the RDA of 8mg for women. Zinc is necessary for immunity, protein synthesis and DNA formation.
- **Niacin:** Peanut butter contains 4,21mg of niacin per serving, which makes a useful contribution towards the RDA of 14 to 16mg. Niacin benefits digestion and nerve function, and helps produce energy.
- **Vitamin B6:** With 0,17g of vitamin B6 per serving, peanut butter provides almost 14% of an adult's RDA of 1,3mg. It plays a role in over 100 enzyme reactions in the body.

Weight loss

Several studies suggest that eating nuts can help people maintain weight or even assist with weight loss. This may be because peanuts improve satiety thanks to their protein, fat and fibre content.

A 2018 study suggests that eating nuts, including peanuts, reduces a person's risk

of being overweight or obese. This study compared the dietary and lifestyle data for over 373 000 people from ten European countries over five years.

Improved heart health

Peanut butter contains many nutrients that can improve heart health, including mono-unsaturated fatty acids (MUFAs), polyunsaturated fatty acids (PUFAs), niacin, magnesium and vitamin E. The proportion of PUFAs and MUFAs to saturated fats in the diet plays a particularly important role in heart health.

Bodybuilding

Although calorie amounts will vary based on stature, activity level and metabolic rate, the typical recommended daily intake ranges from around 1 600 to 2 400 calories per day for women, and up to 3 000 calories per day for men. Thanks to its high calorie

Table 1: A detailed nutritional profile of two tablespoons of smooth peanut butter.

Nutrient	Quantity
Calories	188
Protein	1,02g
Saturated fats	3,05g
MUFAs	6,63g
PUFAs	3,63g
Carbohydrates	7,67g
Fibre	1,80g
Sugars	2,08g
Calcium	17mg
Iron	0,69mg
Magnesium	57mg
Phosphorus	107mg
Potassium	189mg
Sodium	152mg
Zinc	0,85mg
Niacin	4,21mg
Vitamin B6	0,18mg
Vitamin E	1,90mg



content, peanut butter is an easy way to increase calorie and unsaturated fat intake.

Managing blood sugar levels

Peanut butter is a relatively low-carbohydrate food that contains good amounts of fats and protein, as well as some fibre. These characteristics mean that peanut butter, with no added sugar, does not have a significant impact on blood glucose levels, which makes it a good option for those with diabetes. Peanut butter is a good source of magnesium, which is an essential nutrient for people with diabetes.

Reduced risk of breast disease

Eating peanut butter, especially from a young age, may reduce the risk of benign breast disease (BBD). A study in the journal *Breast Cancer Research and Treatment* reports that eating peanut butter and nuts at any age may result in a lower risk of developing BBD by age 30. Other types of pulses, such as beans and soya, along with vegetable fats and other nuts, may also offer protection from BBD. 🌱

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