

As Canadian as maple syrup, peanut butter has made its mark on Canadian grub since the early 1900's. Whether its paired up with a little jam and bread, serving as a snack to get you through the day, or waiting patiently for you to devour when you return home famished. Store-bought or homemade, we can all agree that peanut butter might be the only reason to buy bread. The peanut is actually a legume and it sure is good when it's ground up into peanut butter. Chunky or smooth, delicious, adaptable, and perfect in its simplicity. In 1884, Canadian, yes Canadian, Marcellus Gilmore Edson became the first to patent the nutty butter and it's easy to understand why it's been a staple in Canadians homes ever since. You'd be hard pressed to find a food as versatile as PB, and there is no wrong way to eat it. Throw a frozen banana into a food processor. Swirl in two tablespoons of peanut butter. Add jelly. Bingo. Three Words: Nutter Butter S'mores. Marinate that chicken. Mix coconut milk, Greek yogurt, and peanut butter for a fatty, creamy marinade that's ideal for a chicken skewer. Dress a salad. Rice vinegar, peanut butter, and sriracha makes for a nuanced but really easy dressing. Spread it on a burger. Okay, this might be as crazy as it sounds, but I swear a schmear of peanut butter on your bacon burger takes it to a whole new level. Of course, not everyone can enjoy peanuts. Some people are allergic, but for the remaining 99%... Is peanut butter healthy? Nutritionists have long debated the question, given PB's high fat content. But when its full nutritional profile is considered, to many, the answer is yes.

Just like raw nuts, portion is key. While peanut butter is a great source of protein, it's also high in calories, and its tasty texture makes it easy to overdo it. A mere two tablespoons contain 200 calories, which, depending on your daily intake, a few heaping spoonful's throughout the day, and you may quickly find yourself at half your calorie allotment. Furthermore, two tablespoons also delivers no less than a quarter of your recommended daily intake of fat, some of it saturated. For decades, this caused a huge hit to peanut butters social following. The truth of the matter is, fat is not the root of all evil. In fact, its actually beneficial. Half of the fat in PB is made up of oleic acid, a healthy monounsaturated fat also found in high

amounts in olive oil. Like most **real foods**, peanut butter contains more than the basic vitamins and minerals. It also contains plenty of other biologically active nutrients, which have several health benefits. One serving, or two tablespoons of the popular nut butter contains, 7 grams of protein, 16 grams of the good fat, 1.6 grams of fiber, 3 mg of the powerful antioxidant vitamin E, 49 mg of bone building magnesium, 208 mg of muscle strengthening potassium, and 0.17 mg of immune boosting B6. Eating peanut butter may also help fight the effects of stress. PB contains beta-sitosterol, a plant sterol. In studies involving athlete's beta-sitosterol was shown to normalize high cortisol levels during times of stress. Additionally, because of PB's nutritional profile, it can satisfy hunger for a longer period of time, preventing mindless snacking between meals. Now you know that peanuts give you healthy monounsaturated fats, tummy filling fiber, metabolism boosting protein, and an overwhelming amount to nutrient dense vitamins, I'll bet you can't get enough of the sticky stuff. Meet you in the peanut butter isle.



When it comes to getting a nutritional bang for your buck, there's no denying the appeal of good old peanut butter and in a perfect world the only ingredient in peanut butter would be peanuts (duh). After all, peanut butter is just mashed up peanuts, right? Of course, that's not how it plays out, and not all nut spreads are created equally. Peanut butter is relatively unprocessed however, several commercial brands contain various added ingredients, such as sugar, vegetable oils and even trans-fat. There are hundreds of different brands, all labeled and sold as peanut butter. Nostalgia is often the gateway drug to bad choices; don't inflict them on your kids. And don't be fooled by the cute, talking cartoon peanut on the label. It is very important to read the label and have an understanding of what you are eating. When shopping for PB, look for an all-natural product with little to no added sugar. The fat and

calorie count of most brands are similar, but there are other indications of a healthier pick. Sodium counts range greatly from 40 – 250 mg per serving. Natural blends tend to have less. Keep in mind the higher sodium levels tend to mask the peanut flavor. Avoid Oil, many PBs are still made with hydrogenated oils, which improve the texture but add trans-fat. Some replaced those oils with palm oil—a better choice, but still high in unhealthy saturated fat. Buy PB with no added oils and stir before spreading for a more desirable consistency. Two words you never want to see on your food: “Reduced Fat.” When manufacturers take something out, they put something back in. Go full-fat! Sugar and starchy fillers replace healthy fats in reduced-fat peanut butters, with negligible calorie savings Did you know that you can get peanut butter that is ONLY made with peanuts? There are many amazing brands of peanut butters available now. Just make sure to read the label. You want dry roasted peanuts and maybe salt. Some grocery stores have grinders that turn peanuts into peanut butter for you. This allows you to purchase however much you like instead of having to buy an 18-ounce jar and you can be sure it contains only one ingredient. I will guarantee you this, once you switch over to natural peanut butter you will fall in love with the flavour and hate the taste of the processed kind. You can literally taste the chemicals. It actually tastes like sugary plastic! Make the switch, your body will thank you!

licking PB off the spoon – and indulgence as with all things in life... moderation is the key.

March 2019

**PEANUT BUTTER IS
THE GLUE THAT
HOLDS MY LIFE
TOGETHER.**

It's clear that peanut butter has many nutritional benefits. Plus, there's nothing more indulgent than