

DO IT & DIET

A P-Nutty Idea

(NAPSA)—Here's one diet you can really stick to. The 2005 U.S. Dietary Guidelines urge Americans to eat nutrient-dense foods, control calories and choose healthful unsaturated fats. Fortunately, you can incorporate these principles into a diet program built around one of America's favorite foods—peanut butter.



Research shows peanut butter helps dieters “stick” to their weight loss plans.

Not your typical fad diet, The Peanut Butter Diet emphasizes whole grains, lean meat products, low-fat dairy, and includes eight to 10 servings of fruits and vegetables every day. Best of all, you can eat four to six tablespoons of peanut butter every day as part of this calorie-controlled diet.

Full of “good” unsaturated fat and key nutrients like protein and fiber, this diet helps keep you feeling full. Maybe that's why a Harvard study found that dieters who used some healthy fats from foods like peanut butter in their diets were more successful over the long-term.

Spread a tablespoon of peanut butter on whole-wheat toast for a snack with four big grams of fiber, or dip chopped veggies and fruits in melted peanut butter to load up on nutrients.

For more information on The Peanut Butter Diet, visit www.peanut-institute.org.