

Peanut Butter: Not Just for Sandwiches Anymore

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by Daniel Buckley

It is very important to the Food Bank For New York City that all of the food we receive makes it to a New Yorker who needs it. While this is a bit of a no-brainer, making sure it happens can be more difficult than you might expect.

At times, [food assistance programs](#) can be wary of ordering certain products that they are not sure how to cook with, or if the ethnic community they serve won't be familiar or know what to do with it.

Knowing this, our Community Nutritionist works to build awareness in our network for the benefits and potential use of different products. For just one example, here is a piece our nutritionist wrote about peanut butter for one of our [Agency E-Newsletters](#):

While most people think of peanut butter as an American food mostly eaten by [children](#), the origin and use of peanuts in cooking can be traced back to countries around the world and dates back as early as [prehistoric times](#). Currently, the United States produces about 7 percent of world's peanuts, with China, India, Nigeria, Indonesia, Myanmar, Sudan, Senegal, Argentina and Vietnam also making significant contributions.

Peanuts are a highly nutritious source of plant protein, with each tablespoon serving acting as a replacement for one ounce of protein recommended in the diet. While peanuts are high in fat, they contain unsaturated fats, which provide benefits for heart health. Peanuts have also been found to be a good source of antioxidants and [reservatrol](#), which is known for its cancer-fighting, anti-aging and anti-inflammatory properties.

While peanuts are commonly eaten in whole form as snacks, peanut butter has become a popular ingredient in various types of Asian cooking as well as being used in soups, sauces, casseroles and baking.

And, to further help things along, we provided a list of healthy [Peanut Butter Recipes](#) — enjoy!