

# EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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## Peanuts—A Healthy Choice

The Dietary Guidelines for Americans encourages us to choose a variety of protein foods, including plant based proteins like unsalted nuts. Research tells us that eating peanuts and tree nuts, like almonds, as part of a healthy diet helps reduce our risk of developing heart disease. Because nuts are relatively high in calories, choose a small portion and use them to replace other protein foods like meat and poultry. Replacing protein foods that are higher in solid fats, like meat and poultry, with choices that are lower in solid fats and/or that are sources of oil, like peanuts, is a healthy choice.

Peanuts are a nutritional powerhouse. **One ounce of roasted peanuts**, without added oil or salt, has **170 calories, 14 grams of healthy fat**, zero grams of cholesterol, only 2 milligrams of sodium, **7 grams of protein and 2 grams of dietary fiber!** Peanuts are also a good source of magnesium, folate, and vitamin E. Many Americans do not eat enough foods rich in magnesium and vitamin E, so adding peanuts to your meals and snacks can help you increase your intake of these nutrients. Nuts often get bad press because they are high in fat. Almost one half or 7 grams of the 14 grams of fat in one ounce of peanuts is monounsaturated fat, or the fat that is good for your heart. It is the same fat that makes olive oil so widely known for being a heart healthy oil choice.



Peanuts are one of the more **affordably priced** nuts, making them a natural choice for many families. Peanut butter is a great way to add plant protein to your family's diet. To keep the added sugars in check in your diet, look for natural peanut butter (not peanut spread) that only contains peanuts and salt.

### Ideas for adding Peanuts and Peanut Butter to meals

- ◆ Try topping cereal, oatmeal or salads with peanuts or adding peanuts to yogurt, soups or stews.
- ◆ Keep peanuts or peanut butter and crackers in your desk drawer at work for an energizing afternoon snack.
- ◆ Add peanut butter to oatmeal, smoothies, yogurt or stews.



**EFNEP** is a free program helping families with children eat better for less.

**Learn how to:**

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

**Who is eligible for this program?**

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative  
Extension Herkimer County  
5657 State Route 5  
Herkimer NY 13350  
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herkimer@cornell.edu

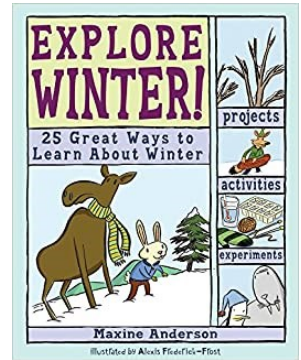
For more information about EFNEP in Herkimer Co. see:  
<https://bit.ly/CCEHCEFNEP>  
or scan the QR code below:



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# KORNER IDS

Looking for something to do with your elementary-aged children over Winter Break? Borrow *Explore Winter! : 25 Great Ways to Learn about Winter* by Maxine Anderson and Alexis Frederick-Frost (Illustrator) from your local public library. This book is jam packed with experiments and projects to help your child learn more about winter and includes indoor and outdoor activities.



## Peanut Butter Pita Pockets

Serves: 4  
Serving: 1/2 sandwich

### Ingredients:

- 2 apples, pears, bananas, peaches or mangoes
- 2 medium whole wheat pita pockets
- 1/4 cup chunky peanut butter

### Directions:

1. Wash and slice fruit.
2. Cut pitas in half to make 4 pockets.
3. Warm each pita half in the microwave for about 10 seconds to make them more flexible.
4. Carefully open each pocket and spread about 1 tablespoon of peanut butter on the inside walls of each pita half. You may need to warm the peanut butter in the microwave for a few seconds, especially if it has been in the refrigerator.
5. Fill each pocket with sliced fruit.

*Source: Healthy & Homemade 2011 Nutrition and Fitness Calendar. Iowa State University Extension.*

**Nutrition Facts:** Serving Size: 1/2 sandwich, 220 calories, 9g total fat, 1g saturated fat, 0mg cholesterol, 249mg sodium, 32g total carbohydrate, 6g dietary fiber, 9g total sugars, 7g protein, 1% vitamin A, 2% calcium, 8% iron, 6% vitamin C