Health Tip of the Month

Peanut Butter, it's not just for kids!

Tired of cold cut sandwiches for lunch? **Why not make the switch to Peanut Butter.**

Peanut butter made from 100% crushed peanuts is easy to find in most grocery stores. It comes smooth or chunky, and with or without salt.

Just be sure to read the nutrition facts label to avoid peanut butter with sugar and fats added.

A peanut butter sandwich is inexpensive, easy to make, and doesn't need to be refrigerated.

Add sliced bananas on your sandwich.

Which is the best choice?

Peanut Butter Sandwich

2 tablespoons of unsalted peanut butter

Cost = $0.27
Sodium = 105 mg
14 grams mostly unsaturated fat

Does not need refrigeration.

Ham and Cheese Sandwich

3 slices of ham
1slice of cheese

Cost = $2.00
Sodium = 1109 mg
19 grams saturated fat

Refrigerate and keep cold to be sure your food is safe to eat.

Peanut Butter is a great choice!

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Worksite Wellness Initiative: brought to you by Eileen Ludrosky, Dietetic Intern
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