

Your brain got a great start as a kid because you ...

You may have not realized it, but as a kid you were already giving your brain a great start with peanut butter.



You might be surprised to know that peanuts themselves **are not really a nut** but actually are part of the legume family with peas, lentils, chickpeas and beans. Peanuts become peanut butter through a rather simple process of roasting and then grinding to a consistency where sugar, salt and oil are mixed to create that creamy texture.

Peanut butter is **best known as a protein source**, and I actually stopped and went to the cupboard to check my own jar. For a serving size of 2 tbsp. (32 grams) it has 8 grams of protein, which makes it a great source for brain cells and tissues.

Also there's the antioxidant, **Vitamin E** protecting neural membranes and along **Thiamin (Vitamin B1)** converting glucose to brain energy.

Besides its rich source of minerals, peanut butter **also contains Niacin (Vitamin B3)** that helps to maintain the entire nervous systems, lowers high blood pressure, and increases energy. There is even a research study from the *Chicago Health and Aging Project* that followed the cognitive abilities of 3,000 adults aged 65 over six years. Not only was cognitive decline less but **Alzheimer's was 70% less likely to occur** in those adults with a 22 mg daily niacin food intake as compared to those with only 13 mg or less.

Probably one of the greatest reasons **you may be avoiding peanut butter** is thinking it may be nutritious but it's also

fattening. Actually, not true unless you're a big time consumer of peanut butter and jelly sandwiches.

Peanut butter and peanut oil **contain the healthier monounsaturated fat**. The Journal *Obesity* reported from a Spanish study of almost 9,000 adult men and women the cardiovascular benefits and 31% weight reduction were evident with those who ate nuts at least twice a week. Those rarely eating nuts, actually had a greater weight gain.

The highest quality of peanut butter comes from organic peanuts roasted and ground or **you can make your own high quality source** which is demonstrated in the video below. This allows you to control for added sugar and salt, without any of the hydrogenated oils added to today's processed brands. **Yum, Yum!**