

Product Spotlight: Peanut Butter

#97503

Peanut Butter

#68963

Peanut Butter Dip Cups

There are a lot of good things about peanut butter, but also a few negatives. It's fairly rich in nutrients and a decent protein source. It's also loaded with fiber, vitamins, and minerals, although this doesn't seem as significant when you consider the high calorie load.

It is perfectly fine to incorporate moderate amounts of peanut butter into a healthful diet. But the main problem with peanut butter is that it's so incredibly hard to resist.

Moderate consumption of peanut butter is unlikely to have any major negative effects.

Source: Healthyline.com

