

PEANUT BUTTER

FACTS



About 200 calories and 8 grams of protein per 2 tablespoons



Slightly more saturated fats than almond butter



Richer in omega-6 fatty acids



More fiber per serving than almond butter

PROS



Provides most of the same benefits as almond butter for less price. Is more widely available.

CONS

Has slightly less overall health benefits when compared with almond butter. Watch for varieties with added sugar.



GETTING CHOOSEY

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PEANUT OR ALMOND?

Peanut butter was once the king of nut butters. But no more. Today, you have your pick of any number of “butters” with almond butter now a popular choice. Here are some things to consider next time you shop.

ALMOND BUTTER

FACTS



About 200 calories and 3 grams of protein per 2 tablespoons



25% more monounsaturated fat as peanut butter



3x more vitamin E, 2x more iron, 7x more calcium



Lower cases of salmonella contamination than peanut butter

PROS

Has slightly more health benefits than peanut butter. Substitute this or other nut butters if you have a peanut allergy.



CONS

Cost nearly doubles when you buy almond butter over peanut butter. Less variety and availability.

