

# Peanut Butter Power Up

*Do your children eat more fruits and vegetables when they can dip them in peanut butter?*

*According to the National Peanut Board, 64% of children surveyed reported they will eat more fruits and vegetables when their favorite peanut butter dip is available. As long as your child doesn't have a peanut allergy, peanut butter is a terrific way to help your children try new foods.*

Peanut butter is rich in essential nutrients. According to USDA's FoodData Central, just 2 tablespoons provide 7 grams of protein. Additionally, it serves as a great source of niacin, manganese, vitamin E, magnesium, folate, copper, phosphorus, and fiber, phosphorus, and fiber.

The Peanut Institute reports that to be called peanut butter, both traditional and "natural" types must contain a minimum of 90% peanuts, with no artificial sweeteners, colors, or preservatives. Commercial peanut butters are blended or homogenized for convenience and for creaminess. "Natural" peanut butters can separate, requiring stirring and are not as smooth in texture.

If you or your children get fidgety or fussy in the afternoon with dinner still hours away, try offering a snack that includes peanut butter. Spread it on whole grain crackers or bread, make a dip for fruits and veggies, or a peanut butter-banana tortilla rollup. A nutrient dense snack like one of these will keep you feeling full longer and give you an energy boost to get through the rest of the day.

## Sources:

1. National Peanut Board <http://nationalpeanutboard.org/>
2. The Peanut Institute <http://www.peanut-institute.org/>
3. Household USDA Fact Sheet, Peanut Butter: <https://go.unl.edu/pb-usda>

Nancy Frecks originally wrote this newsletter. It was peer reviewed and updated in 2025. For more information check out the Food Fun for Young Children Newsletter at: <https://go.unl.edu/food-fun>



## Power Peanut Butter Dip

- ½ cup yogurt, non-fat plain
  - ½ teaspoon vanilla
  - ⅓ cup peanut butter
  - Sprinkles (optional)
1. Combine yogurt, vanilla, and peanut butter in a small bowl. Mix well.
  2. Chill dip in refrigerator until ready to serve. Serve with carrot & celery sticks, sliced cucumbers, or apples slices.
  3. Makes 6 servings. Each serving has 100 calories, 8g total fat, 84mg sodium, 4g carbohydrate, .8g fiber, 5g protein. Recipe source: MyPlate Kitchen