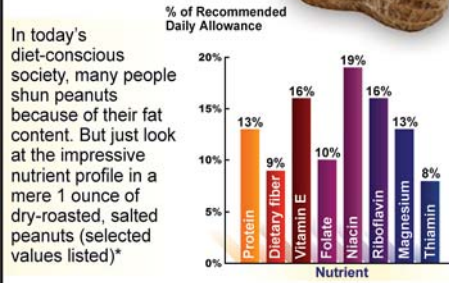


Don't Let Your Patients Ignore Peanuts



* Although 1 ounce of peanuts contains 22% of the RDA for total fat, only 10% is saturated. It also contains no cholesterol. Visit www.nal.usda.gov/fnic/foodcomp for more information.

SOURCE: Griel AE, Eissenstat B, Juturu V, et al. Improved diet quality with peanut consumption. *Journal of the American College of Nutrition* December 2004;23(6):660-68.