

# Peanut Butter Guide

We use **100% all natural peanut butter** (such as Kirkland brand) as is widely accessible, affordable, and provides a satisfying drippy texture. Organic or not is personal preference, nutritionally they are similar, safe and healthy. However, you can choose another option. Here are a few swaps and how they differ:



## Similar Swaps

**\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



### JIF

Sweeter from added sugar (typically low amounts), creamier, added oils, more processed, affordable



### NO STIR NATURAL

Smooth and creamy without separating, same fats and protein, slightly higher cost



### ALMOND

Nutty and slightly sweet, has slightly more "nutritious fats" than peanut butter, usually more expensive



### SUNFLOWER

Allergen friendly, mild, slightly earthy taste, creamy texture, rich in vitamins, moderately priced



## Other Options

**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



### POWDERED

Much more mild flavor, low in fat and calories, higher protein, needs water to mix, generally affordable



### COOKIE BUTTER

Very sweet, smooth spread, little protein, high sugar and higher in processed and saturated fats, usually premium-priced



### NUTELLA

Chocolate-hazelnut flavor, creamy, very little protein, high sugar and higher in processed and saturated fats, moderately expensive, dessert-style



### GRANOLA BUTTER

Allergen friendly, sweet and nutty with crunchy granulated granola pieces, higher sugar, more dessert-y, moderately pricey

# Peanut Butter Fact Sheet

Per tablespoon

Calories	Fat	Protein	Carbs	Fiber	Cost
94	8	3.5	4	1	94



- Peanut butter has a few grams of protein per tablespoon (about 3–4g), which supports steady energy and tissue repair, but it's **predominantly a fat source**, not a protein source.
- It's rich in **monounsaturated fats (MUFAs)**, which support heart health and reduce inflammation, and **polyunsaturated fats (PUFAs)**, which support brain and nerve function. These fats help keep you satisfied and contribute to steadier blood sugar.
- Because it's mostly fat + some protein, peanut butter **digests slowly**, helping keep blood sugar more stable, especially when paired with carbs like fruit, toast, or crackers.
- Each tablespoon provides about **1 gram of fiber**, which is a small amount but contributes to supporting digestion and adding to its satisfying, steady-energy effect.
- **No-stir peanut butter** usually has a small amount of added oil (often palm or hydrogenated vegetable oil) that helps keep it solid at room temperature and stops the natural peanut oil from separating. That small amount may add a gram or two of saturated fat per serving, but that's still well below public-health saturated-fat recommendations — so the stabilizing oil doesn't meaningfully change the healthfulness of the peanut butter.