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November is National Peanut Butter Lovers' Month

LUBBOCK, Texas – Each year, peanut butter fans have one month designated to celebrate the great taste and nutritional benefits of America's favorite snack.

Packed with energy and over 30 essential vitamins and nutrients, peanut butter is just what your body needs to keep your muscles, skin, bones and organs functioning well.

Shelly Nutt, executive director of the Texas Peanut Producers Board said more peanuts are used to make peanut butter than any other use.

"There is a jar of peanut butter in nearly 89 percent of American households," Nutt said. "Our goal is to get a jar of peanut butter in every household. It's a great tasting, healthy snack that's convenient and easy to serve."

Peanut butter is also cholesterol and trans-fat free, and has been a proven method of defense against diabetes.

Texas ranks No. 2 in the U.S. in peanut production, second only to Georgia. Last year, Texas farmers produced nearly 835 million pounds of peanuts. Although drought and a surplus from last year's crop reduced peanut acreage in 2009, farmers are still expected to harvest around 528 million pounds of peanuts in Texas.

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The Texas Peanut Producers Board is a state-wide board funded by a \$2 per ton voluntary check-off program. For more information, contact Lindsay West, TPPB communications director, at lindsay@texaspeanutboard.com or call 1-800-734-0086.