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**For Immediate Release**

## **March: A Month for Peanut-Lovers**

**LUBBOCK, Texas (March 2, 2011)** – National Peanut Month is here! The Texas Peanut Producers Board encourages everyone to celebrate by indulging in one of America’s favorite foods.

Each March TPPB celebrates the occasion by spreading the word about peanut history, nutrition, and facts. Peanut producers and consumers can help reduce the risk of obesity and diabetes by eating peanuts, especially in their month of celebration.

National Peanut Month first began as National Peanut Week in 1941. It was expanded to a month-long celebration in 1974.

“We look forward to March every year,” TPPB Executive Director Shelly Nutt said. “It’s a great opportunity for us to spread the word on the many nutritional benefits of incorporating peanuts into their daily diet. Peanuts and peanut products are healthy and easy snacks for kids and adults, and they are packed with protein.”

Though peanuts deceptively have “nut” in their name, they’re not actually nuts – but a legume. According to the National Peanut Board, Americans consume 1.5 million pounds of peanut products such as peanut butter each year.

Culinary experts across the country are focused on creating healthy, and balanced diets, which include nutrition-packed ingredients such as peanuts.

When you’re eating out, look at the many different peanut products that are included in the menu. Over the past five years, 1,000 new peanut recipes have been discovered.

Peanuts have more to offer than a taste as big as Texas. They are packed with 29 essential vitamins, minerals, phytonutrients and antioxidants. They also have more protein than any tree nut and contain monounsaturated fat, the “good fat,” which has been linked to good heart health.

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Add One  
National Peanut Month

Peanuts are naturally cholesterol-free and low in saturated fat. Naturally high in fiber, peanuts are also good for people with dietary issues such as gluten intolerance or diabetes. It's just what your body needs to keep muscles, skin, bones and organs functioning well.

What are you waiting for? Liven up your March with a "nutty" peanut treat! Visit TPPB website, [www.TexasPeanutBoard.com](http://www.TexasPeanutBoard.com), for delicious recipes made with peanuts and peanut products.

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*The Texas Peanut Producers Board is a state-wide board funded by a \$2 per ton voluntary checkoff program. TPPB is responsible for coordinating peanut research, promotion and marketing programs. For more information, visit [www.TexasPeanutBoard.com](http://www.TexasPeanutBoard.com) or contact TPPB Communications Director Stephanie Pruitt at [stephanie@texaspeanutboard.com](mailto:stephanie@texaspeanutboard.com)*