



**PERSONAL
TRAINING
INSTITUTE**



**Useful nutrition tips from
Natalie Greene, RD**

**I love suggestions, so
if you would like to
submit a topic for a
future tip, please
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Peanut Butter Pointers

One tablespoon of peanut butter contains ~90 calories and can be part of your weight loss plan in moderation.

Which kind of peanut butter is best?

"Natural" peanut butters are best. They do not contain hydrogenated fats or extra sugar.

Ex. Smuckers Natural , Trader Joe's Organic Natural

"Regular" peanut butters contain added sugar, salt, and hydrogenated fats.

Ex. Skippy, Jif

"Reduced-fat" peanut butters are most similar to regular peanut butters, except they substitute extra carbohydrates for oil.

Ex. Reduced-fat Skippy or Jif

"Fake" peanut butters have less calories and fat than typical peanut butters, but this makes for a much lower nutritional value.

Ex. Better n Peanut Butter, "powdered" peanut butters

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