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**For Immediate Release**

**“Nutty” month ahead**  
*March is National Peanut Month*

**LUBBOCK, Texas (March 1, 2012)** – March has more to boast than leprechauns and four leaf clovers. It’s a time for peanut lovers across the nation to indulge in America’s favorite snack nut, while celebrating National Peanut Month!

[Texas Peanut Producers Board](#) encourages those young and old alike to include the delicious and nutritious legume in their daily diets this month. Peanut producers and consumers can help reduce the risk of obesity and diabetes by eating peanuts.

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

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

According to the National Peanut Board, Americans consume 1.5 million pounds of peanut products such as peanut butter each year. Looking for ways to add peanuts to your plate? Visit the [TPPB website](#) for recipes, nutrition information and more! There are even [fun, interactive activities](#) for the younger peanut-loving fan.

Peanuts have more to offer than a taste as big as Texas. They are packed with more than 30 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.

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.

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.

Culinary experts across the country are focused on creating healthy, and balanced diets, which include nutrition-packed ingredients such as peanuts. Check out how renowned chefs such as Suvir Saran, Mai Pham, Zarala Martinez, Roberto Santibanaz and Linton Hopkins have delighted palates and earned rave reviews with U.S.-grown peanuts and peanut products, [here](#).

Liven up your March with a “nutty” peanut treat! Visit the 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 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).*