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Peanut Butter Diet

The Peanut Butter Diet was written by Holly McCord, MA, RD, and former nutrition editor of *Prevention* magazine. Holly claims that by incorporating peanut butter into your daily diet, you will lose weight and potentially ward off heart disease. She contends that following a diet that tastes good and satisfies cravings is more sustainable and will lead to greater long-term success. Her approach is based on the idea that a diet higher in healthy fat is more satiating, stabilizing blood sugar and preventing cravings and binges.

This is a reduced calorie, portion-controlled approach that allows women 1,500 calories per day and men 2,200 calories daily. Approximately 35% of calories come from fat. For both women and men, 4-6 tablespoons of peanut butter should be consumed daily.

Exercise is strongly emphasized on this plan, and Holly recommends 45 minutes daily. Weight loss is expected to be approximately 1-2 pounds per week and considered more sustainable and permanent than rapid weight loss.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Lean meats
- Poultry
- Fish
- Low-fat dairy
- Healthy fats

Foods to avoid:

- Processed foods
- Refined grains
- Refined sugar
- Full-fat dairy

Pros:

- Healthy fats stabilize blood sugar
- May become a lifestyle approach
- Encourages whole foods

Cons:

- Requires calorie counting, which may be unsustainable and foster obsessive behaviors in some
- Some may do well on full-fat dairy
- Peanut butter is one of the most common allergens

Sources:

Holly McCord's *The Peanut Butter Diet*

Can You Slim Down on Peanut Butter Diet? www.abcnews.go.com <http://www.abcnews.go.com>