

Surprising Headache Cures * What to Eat—

HEALTH

APRIL 1999

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Easy Moves to End Aches & Pains

Peanut butter is rich in the same artery-protecting fat that's made olive oil famous.

that peanuts provide a strong defense against heart disease. Not only that, but this fat-dense snack—a typical peanut butter sandwich packs 17 grams of fat, compared to 13 grams in a McDonald's cheeseburger—might help people trying to shed pounds.

Yet it's not too surprising that peanuts and their oil are coming into their own. After all, they contain almost as much monounsaturated fat as olive oil does. That culinary celebrity has received more attention because of its history as a Mediterranean mainstay, but the spotlight is shifting.

The Adventist Health Study, published in 1992, was one of the first investigations to uncover the nut's salutary effects. Analyzing the diets of more than 31,000 Seventh Day Adventists in California, researchers found that people who helped themselves to peanuts or other nuts more than five times a week had a risk of heart disease more than 50 percent lower than subjects who rarely ate nuts. Similar results were reported recently from the Iowa Women's Study and the Harvard Nurses' Health Study.

The clincher came last fall, giving the peanut a place right beside olive oil as a heart protector. Nutrition professor Penny Kris-Etherton of Pennsylvania State

The Butter With Benefits

Peanuts and peanut butter not only are good for your heart, they can help you lose weight

I cannot control myself when there are peanuts in the house. I can eat dry-roasted by the handful, peanut butter cookies by the half dozen, and peanut brittle by the pound. For me, going to a Red Sox game is really just an excuse to spend a few hours mowing through a big bag of salted-in-the-shells.

Despite this unbridled passion, the high

fat and calorie content of peanuts has forced me to dream up ways to avoid them. I buy smooth peanut butter for my sons because it does not tempt me as does its chunky sibling. When I make kung pao chicken, I toss any leftover peanuts in the yard for the squirrels. And when I bake peanut butter cookies, I tell my husband he has to take most of them to work.

So imagine how thrilled I was to hear

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The rich taste of roasted peanut oil is great in salads and stir-fries. To order an excellent brand, call 800/945-6748 or go on-line to www.loriva.com.