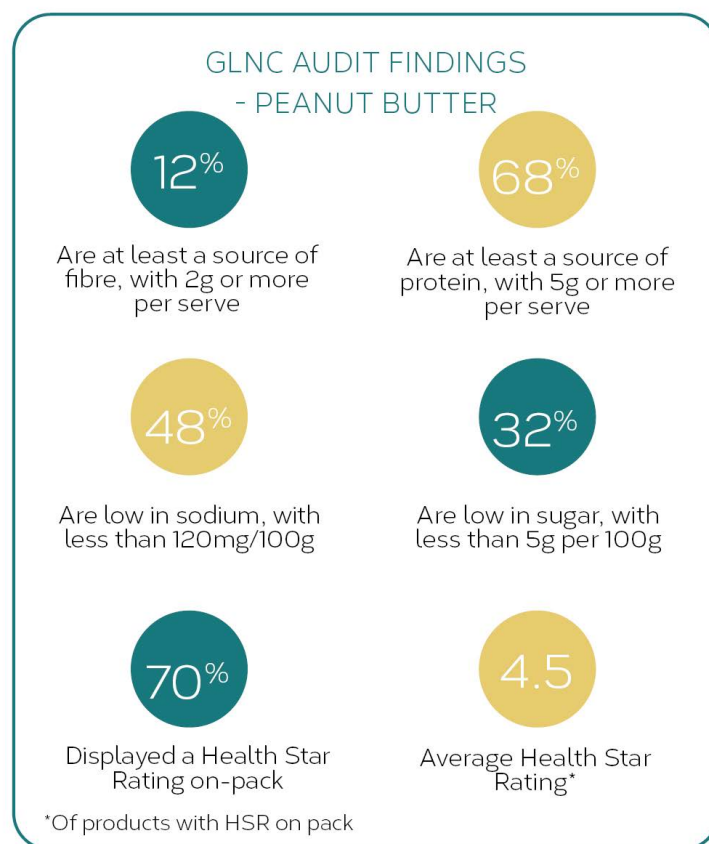


GLNC PRODUCT AUDIT HIGHLIGHTS

PEANUT BUTTER - MARCH 2020

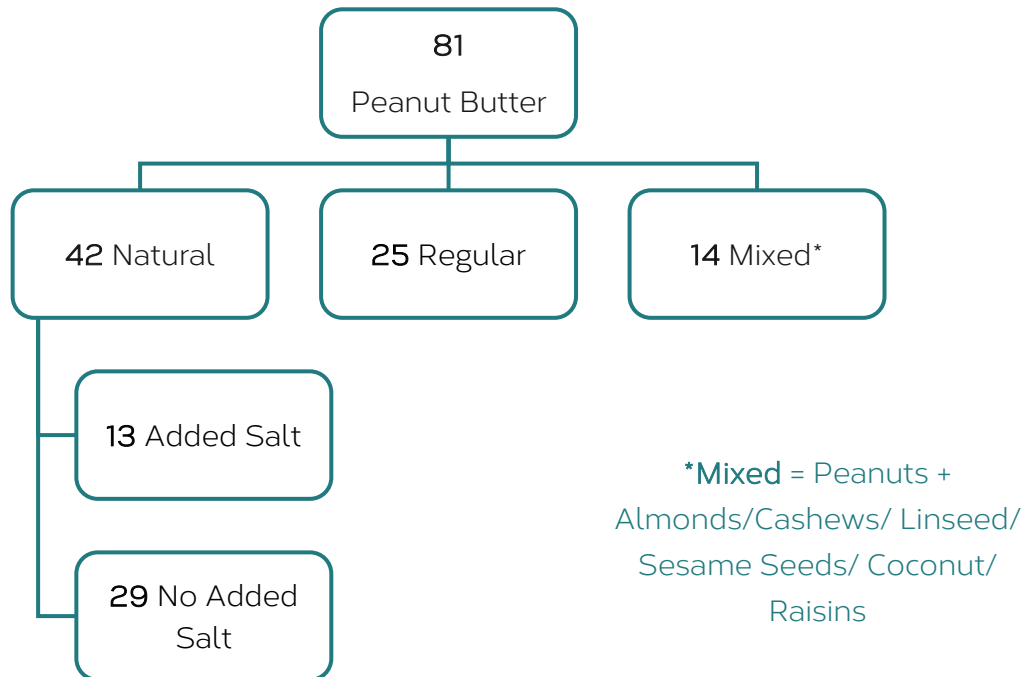
It's no secret that Aussies love peanut butter but unknown to most, peanuts are actually considered a legume! In March 2020, GLNC audited 81 peanut butter products from four major supermarkets in Sydney, by collecting product information in store and online. Read on for a summary of the audit, including nutritional comparisons per 100g.



TOP TIPS

- **Choose natural peanut butter:** Look for products that contain a high percentage of peanuts with no added salt, sugar, or fats.
- Australians are encouraged to eat a variety of nuts and seeds as part of a healthy diet. The Australian Dietary Guidelines recommends a daily serving of 30g (**1.5 tablespoons of nut spread**) to maintain good health.

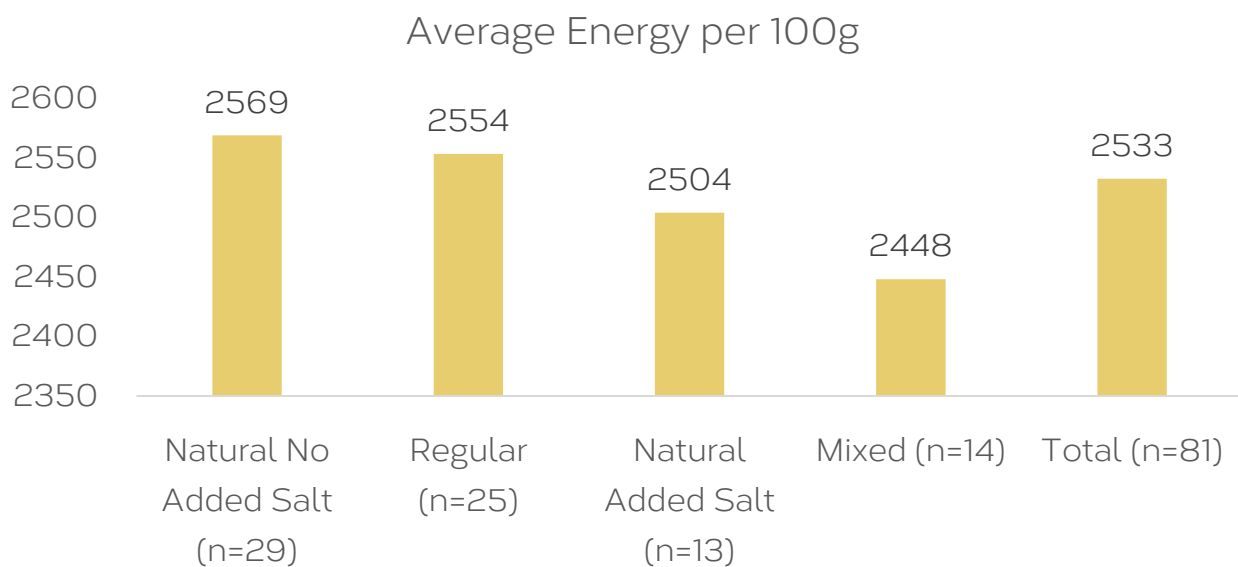
- Category overview



Key nutrients

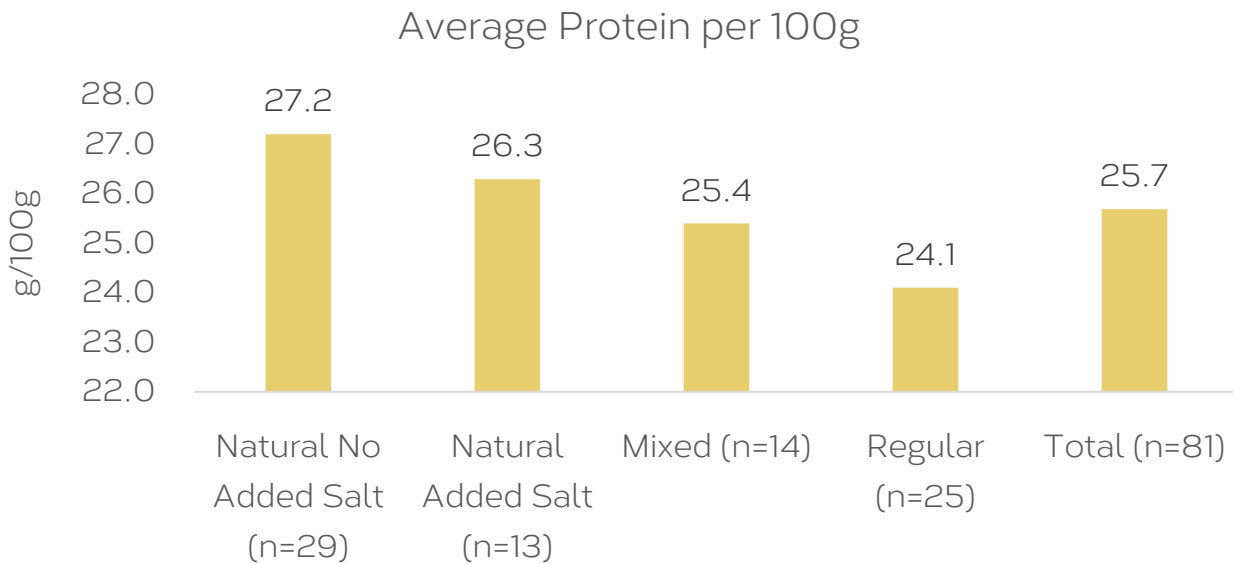
Energy (kilojoules):

Average energy content across all categories was 2,533kJ/100g, with a range of 2,320-2,759kJ/100g. Natural No Added Salt had the highest average energy, and Mixed PB had the lowest average energy.



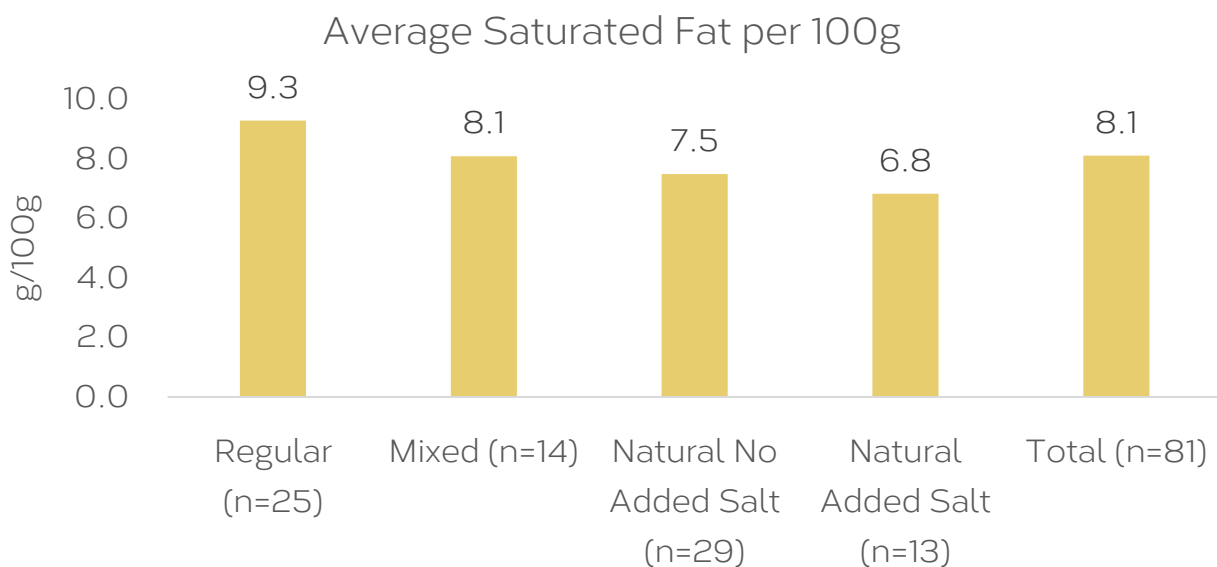
Protein:

Average protein overall was 26g/100g, with a range of 17.4 - 32g/100g. Natural No Added Salt was the highest in protein on average (27g/100g), followed by Natural Added Salt (26g/100g). Regular PB had the lowest average protein of 24g/100g. Overall, 68% of products were eligible for a 'source of protein' claim ($\geq 5\text{g/serve}$).



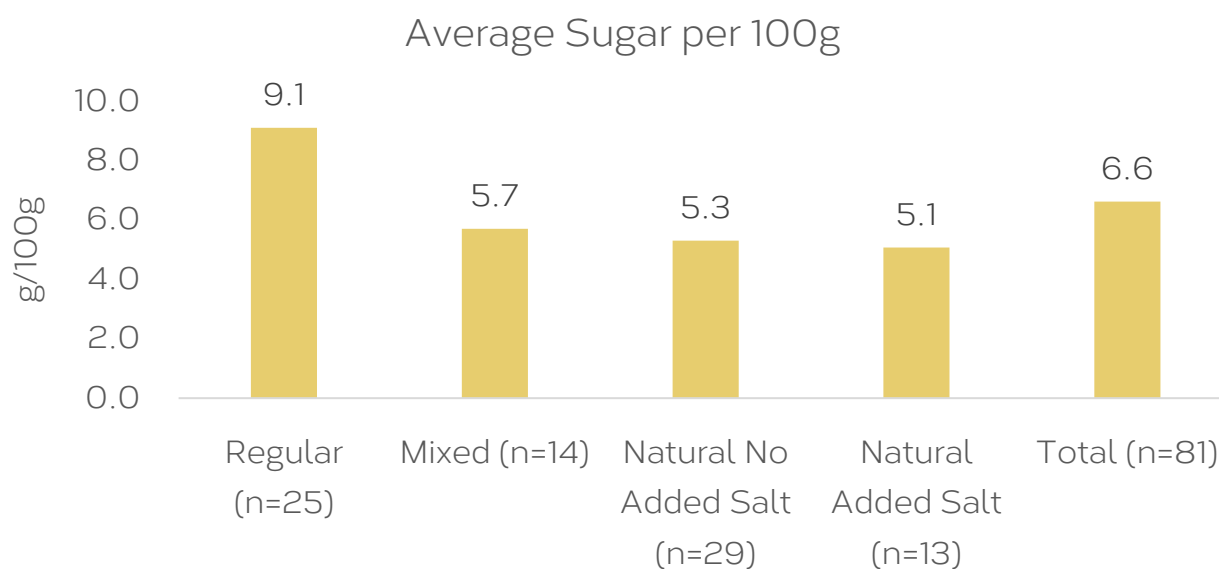
Saturated Fat:

Across all categories, saturated fat ranged from 4.8-23g/100g, with an average of 8g/100g. Regular PB had the highest average, and Natural Added Salt had the lowest.



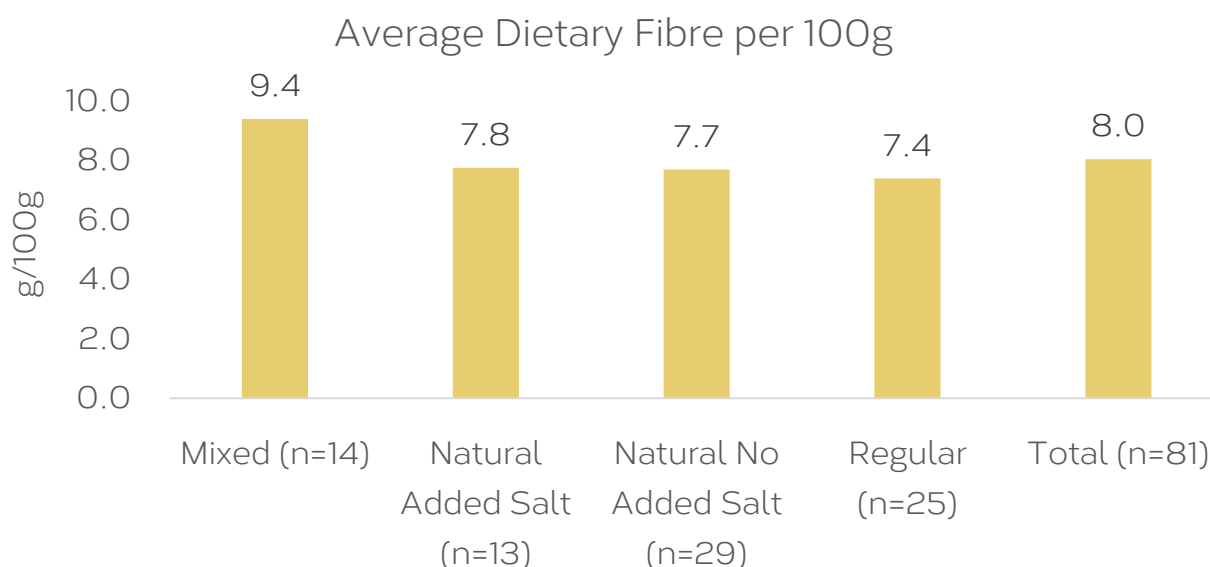
Sugar:

Total sugar content ranged between 3.7-15.4g/100g, with an average of 1.4g/serve. Regular PB was the highest in sugar per 100g, followed by Mixed and Natural (Added and No Added Salt). 32% of all products were eligible for a low sugar claim (< 5g/100g).



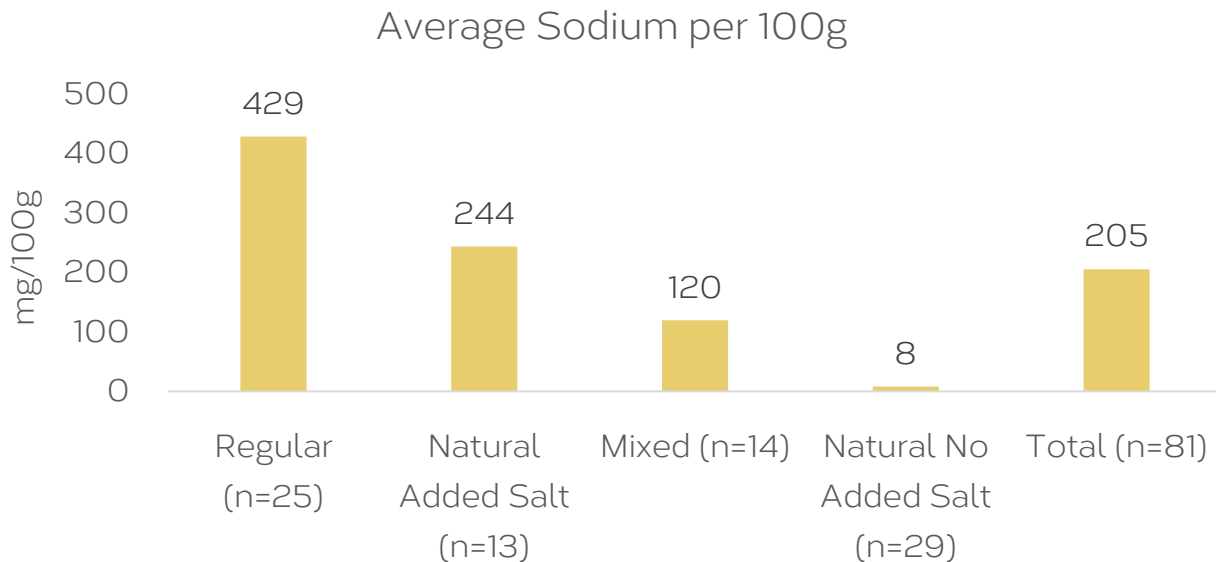
Dietary Fibre:

Dietary fibre ranged between 5.3-16.3g /100g across the category, with an average of 8g/100g. Mixed PB was the highest in fibre, with an average of 9g/100g. Natural and Regular PB were both fairly consistent with between 7-8g/100g. Overall, 12% of products were at least a 'source of fibre,' (≥ 2 g/serve).



Sodium:

Sodium ranged from between 1.9 - 635mg/100g, with an average of 205mg/100g across all subcategories. Regular PB was the highest in sodium on average, at 429mg/100g. Natural No Added Salt was the lowest in sodium on average (8mg/100g). Encouragingly, 48% of all products were eligible to make a low sodium claim at <120mg/100g.



Health Star Rating

Overall, 70% of products displayed a HSR on pack. The mean HSR was 4.6 with a range between 3.5-5 stars. All Mixed PB products displayed the HSR on pack. Mean scores were similar across all categories, except for Regular PB which had an average HSR of 3.9.

