

Pop quiz...on Peanuts

Q: While they are named "peanuts" these tasty and nutritious snacks are not actually a nut at all...do you know what food family they belong to?

A: They are actually part of the legume family, along with beans and peas. Even though they're not necessarily nuts...they still pack the health benefits of other nuts. Peanuts are especially low in sugar, and contain resveratrol, the same phytochemical found in red wine that helps to protect the heart.

What's a good serving size? 1 ounce is about 28 nuts, and contains 166 calories, 7 grams protein, and 14 grams fat (the good kind!)