

When you eat peanut butter every day, this is what happens to your body

BY CAT LAFUENTE / JUNE 19, 2020 10:48 AM EDT

Your body will get the nutrients it needs if you eat peanut butter every day

Plenty of nutrition experts will tell you that eating a balanced diet is critical for optimizing your health. You have to make sure you eat plenty of vegetables, the right amount of protein, healthy fats, and complex carbohydrates, as noted by [Harvard University](#). Plus, you need micronutrients in order to function at your peak, certified personal trainer [Amber Trejo](#) explained to *The List*. "Peanut butter is a great source of essential minerals and vitamins needed for optimal body functions," she detailed. "It is loaded with iron, folate, potassium, copper, zinc, magnesium, and manganese." That's a lot of minerals in just two tablespoons of peanut butter!

There are other vital nutrients found in peanut butter, according to Trejo, which you need to consume in addition to the minerals listed above. "Peanut butter also is a great source of fat soluble vitamin E and water soluble vitamins B3, B5, and B6, which are needed for cell health and nerve function," she added.

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