

That's Nuts!

Best Bites (✓✓) have no added sugars, no more than 3 grams of saturated fat, and at least 6 grams of protein in two tablespoons. They also don't replace nuts or seeds with starches or sugars. **Honorable Mentions** (✓) have the same criteria, but can have up to 3 grams of added sugars. **Unflavored butters** are ranked from least to most saturated fat, then added sugars, then most to least protein. **Flavored butters** are ranked from least to most added sugars, then sat fat, then most to least protein.

Peanut Butter (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
✓✓ MaraNatha Organic—Creamy or Crunchy ¹	200	2	0	8
✓✓ Smucker's Organic—Creamy or Chunky ¹	190	2	0	8
✓✓ Trader Joe's Organic Salted Valencia	200	2	0	8
✓✓ Wild Friends Classic Creamy	190	2	0	8
✓✓ Trader Joe's Stir, Creamy Salted	190	2	0	7
✓✓ 365 (Whole Foods)—Creamy or Crunchy ¹	200	2.5	0	8
✓✓ Any brand, unsalted and unsweetened ¹	190	2.5	0	8
✓✓ Peanut Butter & Co Old Fashioned	190	2.5	0	8
✓ Earth Balance Crunchy	190	2.5	1	7
✓✓ Smucker's Natural—Creamy or Chunky	190	3	0	8
✓ 365 (Whole Foods) Organic Crunchy	200	3	1	7
✓ Earth Balance Creamy	190	3	1	7
✓ MaraNatha or Trader Joe's—No Stir ¹	190	3	1	7
✓ Peter Pan—Creamy or Crunchy ¹	210	3	2	8
✓ Peanut Butter & Co Crunch Time	180	3	2	7
✓ Peanut Butter & Co Smooth Operator	190	3	2	7
✓ Smart Balance Peanut Butter & Oil Blend ¹	190	3	2	7
✓ Skippy—Creamy ⁵ or Super Chunk	190	3	3	7
RX	180	3.5	0	9
Justin's Classic	210	3.5	0	7
365 (Whole Foods) Organic Creamy	200	3.5	1	7
Earth Balance Peanut & Coconut	190	3.5	1	7
Simply Jif	200	3.5	1	7
Peter Pan Natural—Creamy or Crunchy	210	3.5	2	8
Jif—Creamy, Natural, or Omega-3	190	3.5	2	7
Skippy Natural Creamy ⁵	190	3.5	3	7
Skippy Natural 1/3 Less Sodium & Sugar	210	4	2	7

Powdered or Reduced-Fat Peanut Butter (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
✓✓ Crazy Richard's 100% Pure! Powder	50	0	0	6
✓✓ Peanut Butter & Co Pure Peanut Powder	50	0	0	6
PB2 Powdered	50	0	1	5
Peanut Butter & Co Original Powder	50	0	1	5
Better'n Peanut Butter Original ⁵	100	0	2	4
✓ Peter Pan Whipped	150	2.5	2	6
Jif Reduced Fat ⁵	190	2.5	3	7

Almond Butter (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
✓✓ Any brand, unsalted and unsweetened ¹	190	1.5	0	7
✓✓ Trader Joe's Salted—Creamy or Crunchy	190	1.5	0	7
✓✓ Wild Friends Classic Creamy	190	1.5	0	7
✓✓ RX	190	2	0	9
✓ MaraNatha No Stir—Creamy or Crunchy ¹	190	2.5	1	7
Jif Natural Creamy	200	3	2	5

Cashew or Macadamia Butter (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
365 (Whole Foods) Creamy Cashew	190	3	0	4
Trader Joe's Creamy Salted Cashew	190	3	0	4
Justin's Classic Cashew	210	4	0	5
FBOMB Macadamia with Coconut	210	10	0	2

Soy, Pea, & Seed Butters (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
Sneaky Chef No-Nut Creamy	180	1	3	3
✓✓ SunButter No Sugar Added	210	1.5	0	7
✓✓ SunButter Organic	210	1.5	0	7
✓ Wild Friends Organic Honey Sunflower	190	1.5	1	7
✓ SunButter—Creamy or Natural ¹	200	1.5	3	7
✓ Trader Joe's Sunflower Seed	200	2	2	7
✓✓ Tahini, any brand ¹	190	2.5	0	6
✓ Wowbutter—Creamy or Crunchy	200	3	2	7

Flavored Peanut Butter (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
✓✓ RX Honey Cinnamon	180	3	0	9
✓ Earth Balance Cran Seed Crunch	160	2.5	1	6
✓ MaraNatha Banana	180	3	1	7
✓ Earth Balance Coffee Chocolate Crunch	160	2.5	2	6
✓ Skippy Roasted Honey Nut	200	3	3	7
✓ Smucker's Natural with Honey	190	3	3	7
Jif Natural Honey—Creamy or Crunchy	190	3	4	7
Peanut Butter & Co Dark Chocolatey Dreams	170	2.5	6	6
Reese's Spreads Chocolate	190	2	18	3

Flavored Almond, Hazelnut, & Other Butters (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
✓✓ RX Vanilla Almond	180	2	0	9
✓ RX Maple Almond	180	2	1	9
✓ Wild Friends Collagen—Almond or Peanut ¹	180	2	1	9
FBOMB Salted Chocolate Macadamia	210	4	1	2
✓ MaraNatha Raw Maple Almond	180	1.5	2	6
✓ Simply Balanced (Target) Creamy Vanilla Almond	190	2	2	6
✓ Justin's Cinnamon Almond	200	2	3	6
✓ Justin's Honey Almond	200	3	3	6
Wild Friends Chocolate Almond	180	1.5	4	6
Justin's Chocolate Hazelnut & Almond	200	3	8	4
Soom Chocolate Sweet Tahini	170	2	10	5
Trader Joe's Cocoa Almond Spread	210	1.5	17	2
Nutella	200	4	19	2

Cookie Butters (2 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (g)*	Protein (g)
Trader Joe's Speculoos ¹	180	2.5	10	2
Lotus Biscoff ¹	170	2.5	11	1

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or of the varieties listed. ⁵ Contains at least 150 milligrams of sodium. *Some added-sugars numbers are estimates.

Daily Values (DVs): Saturated Fat: 20 grams. **Added Sugars:** 50 grams. **Sodium:** 2,300 mg. **Protein Daily Target:** 85 grams.

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