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### MaraNatha Versus Smucker's

If peanut butter were to be personified, it would be like a husband; it's the old, familiar taste that doesn't always get the taste buds electrified with desire, but it's always there to comfort and console and fall back on when the pantry is empty. Some people may think that all husbands or all peanut butters are the same, but they are wrong. Just as not all husbands are alike, from crunchy or creamy, honey or no honey added, flax seed or gluten based, the nutty, scrumptious temptation known as peanut butter is very different in all its variations. Smucker's and MaraNatha are two brands that exhibit a very nice contrast. These two types of creamy peanut butter differ greatly in brand type and ingredients, texture and flavor, and nutrition.

First, the brand types of the two peanut butters vary greatly. MaraNatha is an uncommon brand. It is a USDA-approved organic brand. This means that the ingredients used in this brand are all grown without chemicals on land that has been chemical free for a number of years and is not fertilized with harmful substances.

MaraNatha has few ingredients. This peanut butter is made of organic dry-roasted peanuts; organic palm oil; organic, unrefined cane sugar; and sea salt. With these few ingredients, a healthful diet is promoted.

In contrast, Smucker's is a very common brand. It is not organic, but it is considered natural. This peanut butter gains the natural qualification because it does not have copious amounts of additives. The sole and singular ingredient of this peanut butter is peanuts. It contains no oils or sugars or anything else. This is a peanuts-only party in a jar.

Along with differing in brand type and ingredients, MaraNatha and Smucker's have the difference of texture and flavor. MaraNatha has a tiny film of oil on top, but it is not a disturbing amount. This brand is very smooth because it has organic palm oil added to give it a more fluid, spreadable consistency. The peanuts in this butter are very finely ground, giving no trace of grit in the mouth of the consumer.

Rather than having a sugar flavor along with the nut flavor, this butter is strictly nutty. The peanut flavor is very strong. It doesn't have a salty taste either. For an organic, healthy peanut butter, the taste is outstanding.

On the other hand, the Smucker's brand has a texture like that of very compact grits. It is even more compact when the oil is drained off the top instead of stirring it into the peanut butter. This brand could not be mistaken as being made of anything other than peanuts. It is rather rough and cohesive. Spreading is not a strong point for this peanut butter. It is more of a spoon-jar-mouth type.

Smucker's is more on the salty side of flavor. Considering that the butter is made only of peanuts, it is understandable that sweetness is absent. This brand also has a raw flavor and texture. This peanut butter is unique with its grainy, mildly salty qualities.

Differences in texture and flavor are important to know, but knowing the difference in nutrition of the two peanut butters is very critical. MaraNatha could be considered a good diet food. In a serving of two tablespoons, there are 180 calories, 140 calories from fat. The percentage of iron per serving is 8%. This is not a high percentage, but in the world of nut butters, MaraNatha would be an iron-content hero. There are six grams of carbohydrates and eight grams of proteins. There are no trans-fats (bad fats), but there are three grams of saturated fats.

In contrast, Smucker's contains 200 calories per two-tablespoon serving with 150 fat

calories. There is only 2% iron in each serving. Six grams of carbohydrates and seven grams of protein are also in a serving. As for fats, there are no trans-fats, but there are 2.5 grams of saturated fat.

MaraNatha Organic Creamy Peanut Butter and Smucker's Natural Creamy Peanut Butter are very contrasting in brand type and ingredients, texture and flavor, and nutrition. MaraNatha has more favorable taste, texture, and nutrition, but occasionally the thick, salty taste of Smucker's hits the spot.