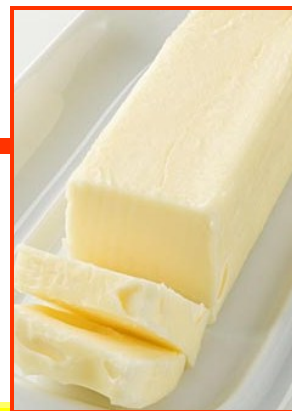


## NUTRITION NUGGET # 6

### What is better, butter or margarine?



**Answer: Margarine may be healthier, pending on the amount of trans fats.**

#### Facts:

- Margarine is made of vegetable oils, unlike butter, which contains plant sterols. Plant sterols may improve cholesterol levels and protect against heart disease.
- Butter has saturated fat, a type of fat associated with heart disease.
- Margarine is created by hydrogenating liquid vegetable oils to make them solid, or trans fats. Trans fats are also harmful to our health.
- Tub and whipped margarines have less trans fats than stick margarines.
- Check labels of butter and margarine for fat and calorie amounts.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat 11g</b>	<b>17%</b>	<b>Total Carbohydrate 0g</b>	<b>0%</b>
Saturated Fat 7g	37%	Protein 0g	
Trans Fat 0g			
<b>Cholesterol 30mg</b>	<b>10%</b>		
<b>Sodium 95mg</b>	<b>4%</b>		
<b>Vitamin A 8%</b>			

**Nutrition Facts**  
Serving Size 1 Tbsp (14g)  
Servings Per Container 32  
Calories 100  
Calories from Fat 100

Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** CREAM, SALT.  
**CONTAINS:** MILK.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat 8g</b>	<b>12%</b>	<b>Cholest. 0mg</b>	<b>0%</b>
Sat. Fat 1g	5%	<b>Sodium 110mg</b>	<b>5%</b>
Polyunsat. Fat 2g		<b>Total Carb. 0g</b>	<b>0%</b>
Monounsat. Fat 4g		<b>Protein 0g</b>	

**Nutrition Facts**  
Serv. Size 1 Tbsp. (14g)  
Servings 16  
Calories 70  
Fat Cal. 70

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Liquid Canola Oil, Water, Plant Stanol Ester, Partially Hydrogenated Soybean Oil, Salt, Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin), Polyglycerol Esters of Fatty Acids, Hydrogenated Soybean Oil, Potassium Sorbate, Citric Acid and Calcium Disodium EDTA to Preserve Freshness, Artificial Flavor, dl- $\alpha$ -Tocopheryl Acetate, Vitamin A Palmitate, Colored with Beta Carotene.

**Apply: A participant tells you they have a family history of heart disease and loves buttered bagels for breakfast. What do you recommend?**

References: Dugdale DC. Butter, Margarine, and Cooking Oils. <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000095.htm>. Patch CS, Tapsell LC, Williams PG, Gordon M. Plant Sterols as Dietary Adjuvants in Reduction of Cardiovascular Risk: Theory and Evidence. *Vasc Health Risk Manag.* 2006; 2(2) 157-162. Jenkins DJA, Kendall CWC. Plant Sterols, Health Claims, and Strategies to Reduce Cardiovascular Disease Risk. *Journal of the American College of Nutrition.* 1999; 18 (6) 559-562; Butter image: <http://www.aolcdn.com/photogalleryassets/food/512069/food-shelf-life-butter-365mn022409.jpg>; Benecol label <http://www.scientificpsychic.com/fitness/benecol.jpg>; American's Choice Butter [http://media.photobucket.com/image/butter+nutrition+label+nutri\\_nut\\_/Nutrition%2520Information/Dairy/Cream/5-25-200992742PM.jpg](http://media.photobucket.com/image/butter+nutrition+label+nutri_nut_/Nutrition%2520Information/Dairy/Cream/5-25-200992742PM.jpg)