



Butter versus Margarine

-Both butter and margarine have fats and are rich in calories.

-Butters are made of animal fat which contain saturated fats. Saturated fats have been shown to increase LDL (bad) cholesterol.

-Margarines are made up of vegetable oils, and have high levels of trans fats (hydrogenated oils), which also increase LDL cholesterol.

-If you are trying to avoid trans fats, be sure to read the ingredients list: if “hydrogenated oils” is listed, then the product contains trans fats.

-Good alternatives to butter and margarine are **olive oils** or other foods high in healthy **mono- and polyunsaturated fats** (avocados, nuts, poultry). Be sure to read nutrition labels to compare calories, saturated fat, and trans fats when selecting which solids fats to include in your diet.

For more information about dietary fats and which to choose, check out this website.

<http://www.mayoclinic.com/health/fat/NU00262/NSECTIONGROUP=2>