

BUTTER MARGARINE

• FAT FAT •



UNSATURATED FATS

Good for the heart: Reduces heart disease, lowers cholesterol levels.

Monounsaturated and polyunsaturated are even better.



SATURATED FATS

Raises "bad" cholesterol (LDL), increases risk of cardiovascular disease and should only be consumed in moderation.

Limit to less than 5 percent of your recommended total calories (approximately 10 grams based on an 1,800 calorie diet.)



TRANS FATS

Raises "bad" cholesterol, lowers "good" cholesterol.

Food manufacturers have used trans fats to prolong shelf-life of foods like crackers, cookies, potato chips and puddings.

Clogs arteries and increases risk of developing heart disease and stroke and is associated with higher risk of type II diabetes.

• BUTTER MARGARINE OILS •



BUTTER

- 1 TBSP stick butter = 7 g saturated fat (1/2 daily recommended amount)
- High in "bad" cholesterol



MARGARINE

- 1 TBSP tub margarine equals 1 g saturated fat, 0 g cholesterol
- Usually made with vegetable oil (not animal fat) which equals less saturated fat
- Read nutrition labels to look for options with less saturated fat



ROOM TEMP OILS

- Vegetable oils like olive oil or canola oil are rich in heart friendly unsaturated fats
- Canola oil is a healthy substitute for quick breads, muffins or stir-frying



Replace saturated fats in your diet (the solids at room temperature) with unsaturated fats. Choose healthier cooking oils, like corn oil, canola oil, olive oil or safflower oil.

So, who's the bad guy? Neither, really. Everything is OK in moderation. One to two teaspoons at a meal may be enough to satisfy without harm.



Marshfield Clinic
Health System