



### Butter and Vegetable Oil Spreads...

#### *What You Need to Know*

#### Butter

- High in saturated fat. Saturated fat can raise LDL (bad) cholesterol.

#### Light Butter

- Has half of the calories, saturated fat, and cholesterol of butter.

#### Stick (margarine)

- May contain trans fat, which raises LDL (bad) cholesterol, lowers HDL (good) cholesterol and makes blood platelets stickier, increasing heart disease.

#### Tub Vegetable Oil Spreads

- Read the nutrition facts label and choose a spread that does not contain trans fats (look for the words “partially hydrogenated”) and has the least amount of saturated fat.

#### Vegetable Oil Spreads with Plant Stanols and Sterols

- Examples include Benecol and Promise Activ.
- May help to reduce cholesterol levels.



Resources: Margarine or Butter: The Heart-Healthiest Spreads. [www.health.clevelandclinic.org](http://www.health.clevelandclinic.org). Accessed: August 14, 2015. ; Know Your Fats. [www.heart.org](http://www.heart.org). Accessed: August 15, 2015. ; Which spread is better for my heart-butter or margarine? [www.mayoclinic.org](http://www.mayoclinic.org). Accessed: August 15, 2015.