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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Decrease your butter and
margarine intake by using
hummus or avocado
instead.



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This fortnight's healthy topic...

Myth Buster: Butter vs Margarine



You need to know...

Here we have the old argument with butter in one corner and margarine in defense. The CBI Team are here to demystify which is better, butter or margarine?

Butter Pros and Cons

- Saturated fat and cholesterol are found in butter and can raise LDL (bad) and total blood cholesterol, leading to heart disease.
- Butter tastes good but is difficult to spread. This usually results in excess being used.

Margarine Pros and Cons

- Margarine contains small amounts of healthier mono and polyunsaturated fats, and less saturated fats. Studies prove that switching from butter to margarine can reduce blood cholesterol.

	Butter 1 tbsp	Margarine 1 tbsp
Total Fat (g)	11	6
Saturated Fat (g)	7	1
Trans Fats (g)	0.3	0.0—0.5
Cholesterol (g)	33	0

- Non-hydrogenated margarine is widely available and no longer contains trans (bad) fat, and it's softer than the original.

The Verdict

You should try to minimise the intake of both butter and margarine. Choose margarine spreads which advertise that they contain no trans fats. Substitute butter and margarine for avocado, low fat cheese spreads, hummus and mustards. Drizzle bread with healthy oils such as olive oil, or have it plain.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**