

Butter, Margarine, Shortening and Spreads

When choosing butter, margarine, shortening or spreads, take time to compare brands and choose those lowest in saturated fat with zero trans fats. Choosing spreads with omega-3 fats and plant sterols can help better manage your cholesterol. Check out the table below for some ideas. Just remember that all fats have 45 calories per teaspoon, so watch your portion sizes!

Product 1 Tablespoon	Total Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Omega-3 (mg)	Plant Sterol (gm)	OK for cooking and baking
Butter	11	7	0	0	0	yes
Light Butter Sticks	6	3.5	0	0	0	no
Land-O-Lakes Light Butter with Canola Oil	5	2	0	0	0	no
Imperial Margarine	9	2	2.5	0	0	yes
Crisco Shortening	12	3	1.5	0	0	yes
Crisco Trans Fat Free	12	3	0	0	0	yes
Benecol	8	1	0	0	.85	yes
Benecol Light	5	.5	0	0	.85	no
Brummel and Brown	5	1	0	0	0	no
Canola Harvest	11	1.5	0	800 ALA	0	yes
Earth Balance Shortening	14	5	0	0	0	yes
Earth Balance Buttery Spread	11	3.5	0	0	0	yes
Earth Balance Buttery Spread with Olive Oil	9	2.5	0	320 ALA	0	yes
Fleischmann's Original Spread	7	1	0	0	0	no
ICBNB Original	8	2	0	0	0	yes
ICBNB Mediterranean Blend with Olive Oil	8	2	0	400 ALA	0	yes
ICBNB Spray	0	0	0	0	0	no
Promise Spread	8	1.5	0	550 ALA	0	yes
Promise Activ	8	1	0	0	1.0	yes
Promise Activ Light	5	1	0	0	1.0	no
Smart Balance Buttery Spread	9	2.5	0	400 ALA	0	yes
Smart Balance Light Buttery Spread	5	1.5	0	300 ALA	0	no
Smart Balance Omega	8	2.5	0	320 ALA 32 EPA/DHA	0	yes
Smart Balance Omega with Olive Oil	7	2	0	320 ALA 32 EPA/DHA	0	no
Smart Balance 50/50 Butter Blend Original Sticks	11	5	0	0	0	yes
Smart Balance 50/50 Butter Blend Omega-3 Sticks	11	5	0	320 ALA 32 EPA/DHA	0	yes

For further information please call our office and ask to speak to one of our Registered Dietitians
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