



Butter Vs Margarine, which is healthier??

The answer is not straight forward; it depends on your health profile.

Butter is more natural, yes! It contains only 3 ingredients. However, it is very high in saturated (bad) fat. Saturated fat is responsible for the hardening of the arteries, high cholesterol and therefore risk of cardiovascular disease.

Margarine is made from a mixture of ingredients. Consequently, there is more of a process involved in the manufacturing of margarine and people fear that its loaded chemicals.

Margarine is either predominantly made from polyunsaturated or monounsaturated (good) fats with water, skim milk, vitamin A and D also added. In comparison to butter, it is a more heart friendly option.

So if you are in good health and your overall diet is healthy (not a lot of take-away or fatty snacks) and you want as natural a diet as possible, then butter is fine in moderation.

However, if you and your family have a history of high cholesterol, heart attacks, high blood pressure or stroke, margarine is definitely a wiser choice.

Either way, a small amount is all you need!

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