

MINUTE NUTRITION NEWS

July 2014

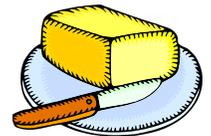
Butter or Margarine?

Have you ever had the butter or margarine conversation? If you have, you might have heard things like “butter is more natural” or “margarine is better for your cholesterol.” With everyone’s different opinions, it’s no surprise that people are often confused about which one to choose. This issue will shed some light on the proven differences between the two fats.

How It’s Made

Butter – Milk from dairy farms is taken to a creamery. The milk is put in a centrifuge that shakes the milk to separate the cream.

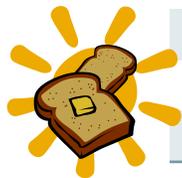
The cream is heated to kill any harmful bacteria and then churned or beaten until it thickens into butter. Any liquid is drained and salt may be added at this point for flavour.



Margarine – Vegetable oils are first mixed with water and other ingredients. Milk proteins, citric acid (such as lemon), lactic acid (made by bacterial fermentation) and sometimes salt is added for taste. Carotenoids (found in carrots) are added for colour. Vitamins A, D and E are added for better nutrition. Emulsifiers such as lecithin from egg yolk or plants prevent the ingredients from separating. Potassium sorbate, a preservative, prevents the growth of harmful bacteria. This mixture is then either hydrogenated into a hard margarine or made into a soft margarine by adding solid fats like palm and coconut oils.

Nutritional Differences

	1 Tsp of Butter	1 Tsp of Hydrogenated Margarine	1 Tsp of Non-Hydrogenated Margarine
Calories	35	35	35
Total Fat	4 grams	4 grams	4 grams
Saturated Fat	2.5 grams	0.5 grams	0.5 grams
Unsaturated Fat	1 gram	2.5 grams	3 grams
Trans Fat	trace	0.5 grams	trace



*Values rounded to nearest 0.5 grams.

From a nutrition standpoint, butter and margarines are just as “fattening” with the same number of calories coming from the same amount of fat. However, the fat they contain is of a different type. Butter is high in *saturated fats*, which can raise cholesterol and risk of heart disease if you eat it too much or too often. Hydrogenated margarines, although low in saturated fats, are high in *trans fats* which can also raise bad cholesterol and also lower good cholesterol. Non-hydrogenated margarines are low in both saturated and trans fats, but also high in *unsaturated fats* which can help lower cholesterol levels. Non-hydrogenated margarines also have many varieties such as low-calorie and salt-free to meet your other health needs.

The Bottom Line

Non-hydrogenated margarines offer more health benefits than butter. Although its ingredient list appears more complicated and possibly less “natural” than it does for butter, many of the ingredients are from natural sources and have been approved by Health Canada to add into foods. Choose margarine over butter for better health, but if you love butter for its taste and simple ingredient list, then consider using it sparingly as an occasional treat rather than an everyday ritual.

RECIPE OF THE MONTH

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Zucchini, Carrot and Apple Muffins

Butter is often the choice of fat in baking recipes, but can easily be substituted with non-hydrogenated margarines or even vegetable oils! Non-hydrogenated margarines and vegetable oils are both a source of healthy unsaturated fats. Try it out with this recipe which calls for canola oil.

Makes 9 muffins



Ingredients:

1 ½ cup	flour
½ cup	sugar
1 ¼ tsp	cinnamon
1 1/8 tsp	baking soda
½ tsp	salt
3/8 tsp	baking powder
1 tbsp	ground flax seeds (optional)
2	large eggs
¼ cup	canola oil
½ tbsp	vanilla extract
1 ½ cup	peeled grated carrots (about 1 large carrot)
1 cup	grated zucchini, unpeeled (about 1 zucchini)
1 cup	grated mackintosh apple, unpeeled (about 1 apple)

Directions:

1. Place rack in centre of oven and preheat to 400°F. Line muffin tray with muffin liners.
2. In a large mixing bowl, add flour, sugar, cinnamon, baking soda, salt, baking powder and flax seeds (if desired) and mix well.
3. In a medium mixing bowl, whisk together eggs, oil and vanilla. Add in grated carrots, zucchini and apples. Mix well.
4. Pour wet ingredients into dry ingredients all at once. Fold until all ingredients are evenly incorporated. (The batter should be very thick.)
5. Using a spoon, scoop batter into muffin liners and fill almost to the top.
6. Bake at 400°F for ten minutes. Then lower temperature to 350°F and bake for another ten minutes. Check the muffins by inserting a toothpick into a muffin. If the toothpick comes out clean, then the muffins are ready.

Nutrition information (per serving): 217 calories, Fat 8g (13% DV), Carbohydrate 31g (10% DV), Protein 5g, Sodium 331mg (14% DV), Fibre 2g (8% DV), Sugar 14g