

A black and white photograph of a plant with several thin stems and small, delicate flowers and buds. The background is dark and out of focus, creating a bokeh effect. The text is overlaid on the center of the image.

MARGARINE
IS EVERYDAY HEALTHY

MARGARINE IS A SMART CHOICE

Choosing the right dietary fats, both in terms of quantity and quality, contributes to cardiovascular health. An overall balanced diet includes foods that contribute to the intake of polyunsaturated fatty acids (PUFA) such as fish, nuts or plant-based oils and fats and limits the intake of saturated fatty acids (SFA). Using margarines as bread spreads and cooking fats is an easy trick that can contribute to a healthy and balanced diet.



MARGARINE

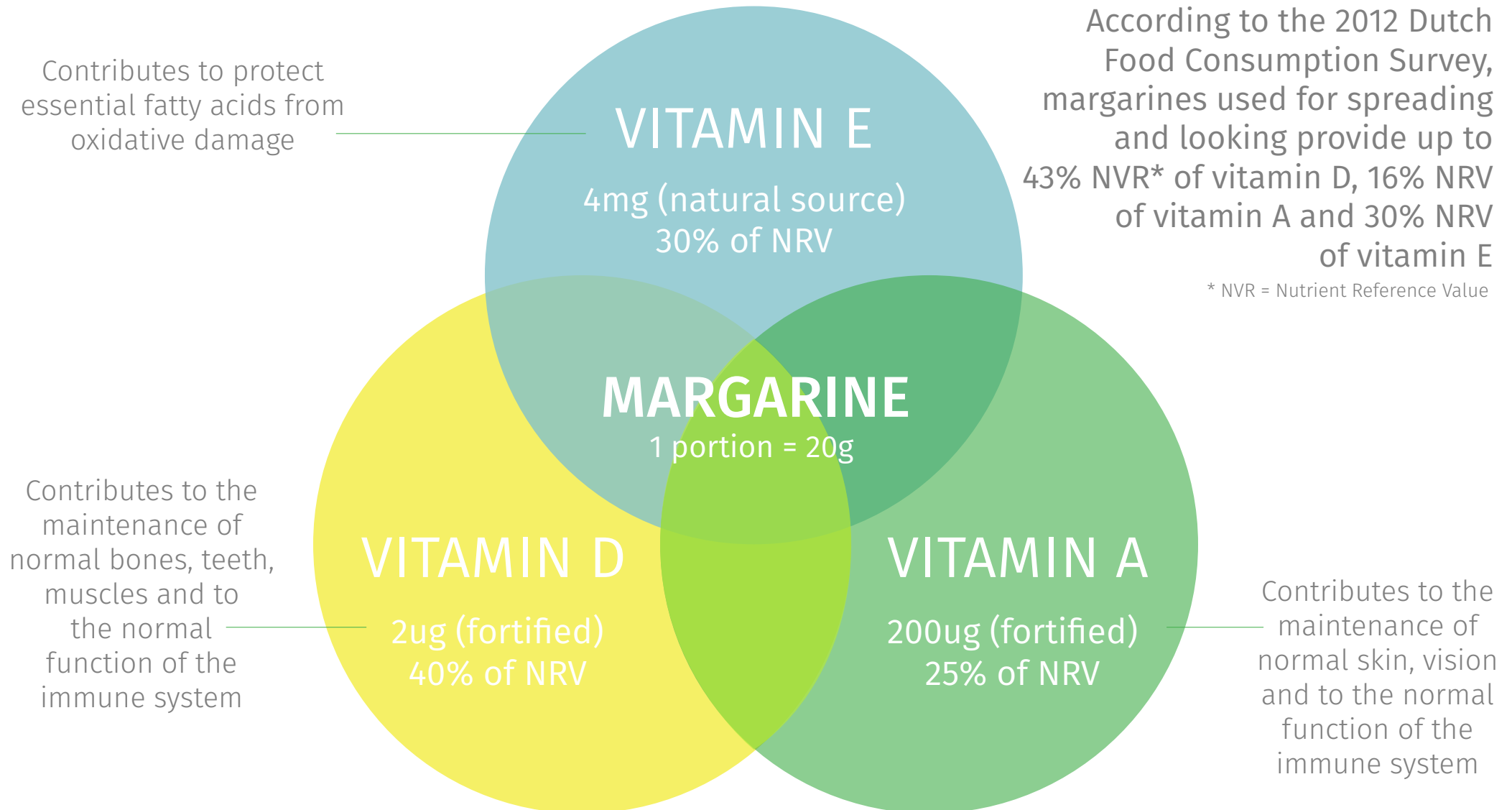
A SIMPLE RECIPE FOR EVERYDAY USE

The margarine recipe was first imagined in 1869 in France. Since then its recipe has evolved to meet consumer needs and follow scientific progress.

However, the overall principle of its production remained pretty simple: mix a blend of oils with water, facilitate the blending with emulsifiers, and add delicious flavours. *e.g.: sunflower, soybean, rapeseed, palm, coconut oils ...



MARGARINE A GREAT SOURCE OF VITAMINS



MARGARINE AN ADVANTAGEOUS NUTRITIONAL PROFILE

LIPID PROFILES OF COMMON OILS AND FATS
(% OF TOTAL FAT)

Plant based oils and fats usually contain less SFA than animal-based oils and fats.

Blends of plant-based oils and fats provide both essential omega 3 and omega 6 PUFA.

Over the decades, margarine recipes have steadily improved to reduce SFA and to increase PUFA and MUFA (Mono-Unsaturated-Fatty-Acids) content.

For the past 20 years, margarine manufacturers have progressively removed TFA (Trans Fatty Acids) meaning today's retail margarines contain less than 2% of TFA on the total fat amount.

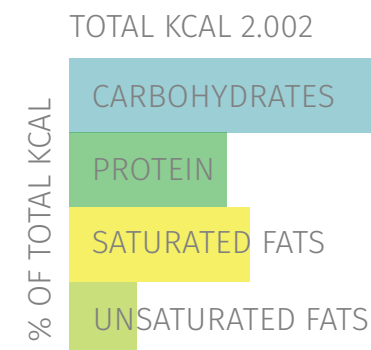
	BUTTER* (FAT CONTENT 80%)	BAKING MARGARINE (FAT CONTENT 75-80%)	SPREADING MARGARINE (FAT CONTENT 30-35%)	OLIVE OIL	SUNFLOWER OIL
SFA	67	49	25	17	11
PUFA	5	14	45	11	63
MUFA	23	36	29	72	26
TFA	5	<2	<2	--	--

IMPROVE THE QUALITY OF FAT IN YOUR DIET BY SWITCHING TO MARGARINE

Margarine is an easy and tasty option for consumers to improve the quality of fats in their diet. Simply switching from animal-based fats to soft margarine for cooking, baking or spreading is an efficient way to lower the intake of saturated fats.

STANDARD DAILY MENU

🕒 08:00 BREAKFAST	Kcal	🕒 13:00 LUNCH	Kcal	🕒 18:00 DINNER	Kcal
1 slice whole wheat bread	82	3 slices whole wheat bread	246	4 sauteed potatoes w/ vegetable oil	302
1 slice cheese (>45% fat)	74	2 servings butter	40	4 spoons broccoli	54
2 servings butter	40	2 slices sausage	104	1 serving roasted pork	336
1 tea without sugar or milk	0	1 slice cheese (>45% fat)	74	2 toasts with brie	110
1 orange	61	1 tea without sugar or milk	0	1 full-fat vanilla yoghurt	124
		1 apple	81		81



BETTER DAILY MENU

🕒 08:00 BREAKFAST	Kcal	🕒 13:00 LUNCH	Kcal	🕒 18:00 DINNER	Kcal
2 slices whole wheat bread	164	3 slices whole wheat bread	246	4 boiled potatoes	166
2 slices cheese (>30% fat)	112	2 servings soft margarine	56	4 spoons broccoli	54
2 wholemeal rusk	80	2 slices shoulder ham	80	1 serving grilled salmon	210
2 servings soft margarine	56	3 slices cheese (>30% fat)	168	1 serving salad with vegetable oil	200
1 tea without sugar or milk	0	1 apple	81	1 low-fat yoghurt	81
1 orange	61			1 handful of walnuts	177

