



## **DO YOU KNOW...the difference between margarine and butter?**

**Both butter and margarine have the same amount of calories.**

- ☺ Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.
- ☺ Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.
- ☺ Eating butter **increases the absorption** of many other **nutrients** in other foods.
- ☺ Butter helps the body eliminate toxins, particularly heavy metals including mercury and lead.
- ☺ Butter has many nutritional benefits where margarine has a few only because they are added!
- ☺ Butter tastes much better than margarine and it can enhance the flavours of other foods.
- ☺ Butter has been around for centuries where margarine has been around for less than 100 years.

**And now, for Margarine..**

- ☹ Very high in **trans fatty acids...**
- ☹ **Triple risk of coronary heart disease**
- ☹ **Increases total cholesterol** and LDL (this is the bad cholesterol)
- ☹ **Lowers HDL cholesterol**, (the good cholesterol) ...
- ☹ Increases the **risk of cancers** by up to **five fold...**
- ☹ **Lowers quality of breast milk...**
- ☹ **Decreases immune response...**
- ☹ **Decreases insulin response**

And here are the most disturbing facts....

**HERE IS THE PART THAT IS VERY INTERESTING!**

**Margarine is but ONE MOLECULE away from being PLASTIC.....**And margarine is initially BLACK, but it is DYED YELLOW to look like butter.



These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

YOU can try this yourself: purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things: no flies, not even those pesky fruit flies will go near it (that should tell you something) ... it does not rot or smell differently because it has no nutritional value, nothing will grow on it...even those teeny weeny microorganisms will not find a home to grow.

Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?