

PROMISE[®] BUTTERY SPREAD

PRODUCT FACT SHEET

Promise[®] Buttery Spreads are delicious buttery-tasting spreads which contain a heart-healthy nutritional profile of no partially hydrogenated oils and 0 grams trans fat per serving and the essential fatty acids omega-3 alpha-linolenic acid (ALA) and omega-6 linoleic acid (LA), along with 5 essential vitamins.

Promise[®] Buttery Spread contains no hydrogenated oils, 0 grams of trans and 1.5 grams of saturated fat per serving – 75% less saturated fat per serving than butter and 40% less saturated fat per serving than the leading heart-health positioned regular spread (1.5 grams vs. 2.5 grams).

PRODUCT DETAILS

- 75% less saturated fat than butter, with 1.5 grams saturated fat per serving
- Contains 0 grams trans fat per serving, no cholesterol and no partially hydrogenated oils
- Excellent source of Omega-3 ALA
- **Promise[®] Buttery Spread** contains 550 milligrams Omega 3 ALA per serving, which is 40% of the Daily Value (1300 milligrams) and 3300 milligrams of Omega-6 LA
- Each serving provides a good source of vitamins A, D and E and an excellent source of vitamins B6 and B12

A BETTER NUTRITION OPTION

Promise[®] Buttery Spread is a better nutrition option than butter because it is made with a blend of nutritious vegetable oils including soybean and canola, and contains 75% less saturated fat than butter and no cholesterol.

Saturated and trans fats are the main dietary factors in raising blood cholesterol, a risk factor for heart disease. As a set of goals in the American Heart Association (AHA) 2006 Diet and Lifestyle Recommendations, the AHA recommends intakes of less than 7% of energy as saturated fat, less than 1% of energy as trans fat, and less than 300 milligrams of cholesterol per day.¹

Research shows that replacing saturated and trans fat with unsaturated fats can help maintain heart health.^{2,3} The National Cholesterol Education Program (NCEP) and the Dietary Guidelines for Americans state that the majority of the fat in the diet should come from polyunsaturated and monounsaturated sources.^{4,5}



To assist in meeting these guidelines, leading health professional organizations recommend, among other dietary factors, using a soft spread as a substitute for butter (look for 0 grams trans fat on the nutrition facts label) and choosing products that are the lowest in combined amounts of saturated and trans fats. **Promise® Buttery Spread** contains 1.5 grams of saturated fat; **Promise® Light Spread** contains 1 gram of saturated fat per serving. Both products contain no hydrogenated oils and 0 grams trans fat per serving.

Promise® Spreads Nutritional Profile (per serving/1 Tbsp.)

Product	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol
Promise® Buttery Spread	80	8g	1.5g	0g	0mg
Promise® Light Spread	45	5g	1g	0g	0mg
Butter	100	11g	7g	0g	30mg

Product Specifications

	Promise® Buttery Spread	Promise® Light
Serving Size	1 Tbsp. (14g)	1 Tbsp. (14g)
Servings Per 15 oz Container	30	30
Calories Per Serving	80	45
Calories From Fat	80	45
Total Fat	8g	5g
Saturated Fat	1.5g	1g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Polyunsaturated Fat	4.0g	2.5g
Monounsaturated Fat	2.5g	1.5g
Vitamin A*	10%	10%
Vitamin B6*	35%	35%
Vitamin B12*	20%	20%
Vitamin D*	15%	15%
Vitamin E*	15%	15%

*% of Daily Value (DV) per serving; percent DV are based on a 2,000 calorie diet.

For more information on nutrition, diet and heart health including recipes and meal plans visit www.Promisehealthyheart.com

REFERENCES

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3. Bucher HC, Hengstler P, Schindler C, Meier G. N-3 polyunsaturated fatty acids in coronary heart disease: a meta-analysis of randomized controlled trials. *Am J Med* 2002;112:298-304.
4. National Cholesterol Education Program. Third report of the National Cholesterol Education Program (NCEP) expert panel on detection, evaluation and treatment of high blood cholesterol in adults (Adult Treatment Panel III). Final Report. 2002. Available at: <http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>. Accessed on 11/16/2008
5. Dietary Guidelines for Americans 2005. *Executive Report* 2005;available at: URL: <http://www.health.gov/dietaryguidelines/>.

