

# 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 34% of the Daily Value (1600mg) and 3200mg of omega-6 LA
- Each serving provides a good source of vitamins A and E and an excellent source of vitamins D, B6 and B12

### A BETTER NUTRITION OPTION

**Promise® Buttery Spread** is a better nutrition option than butter because it is made primarily with 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.<sup>1</sup>

Research shows that replacing saturated and trans fat with unsaturated fats can help maintain heart health.<sup>2,3</sup> 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.<sup>4,5</sup>

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 panel) and choosing products that are the lowest in combined amounts of saturated and trans fats. **Promise® Buttery Spread** contains 8 grams total fat and 1.5 grams of saturated fat; **Promise® Light Spread** contains 5 grams total fat and 1 gram of saturated fat per serving. Both products contain no hydrogenated oils and 0 grams trans fat per serving.

