








# Soft Spreads and Butter Nutritional Comparison

Serving Size: 1 Tbsp.							
	I Can't Believe It's Not Butter!® Original	Shedd's Spread Country Crock® Regular	Promise® Buttery Spread	Brummel & Brown® Original Spread	Smart Balance® 64% Buttery Spread	BestLife™ Buttery Spread	Butter, salted (USDA database*)
<b>Calories</b>	70	70	80	45	80	60	100
<b>Calories from Fat</b>	70	70	80	45	80	60	100
<b>Total Fat</b>	8g (12%DV)	7g (11%DV)	8g (12%DV)	5g (8%DV)	9g (14%DV)	6g (9%DV)	11g (18%DV)
<b>Saturated Fat</b>	2g (10%DV)	2g (10%DV)	1.5g (7.5%DV)	1.5g (8%DV)	2.5g (13%DV)	2g (10%DV)	7g (35%DV)
<b>Trans Fat</b>	0g	0g	0g	0g	0g	0g	0g
<b>PUFA*</b>	4g	3.5g	4g	2.5g	3.5g	2g	0g
<b>MUFA*</b>	2g	1.5g	2.5g	1g	3g	2g	3g
<b>Sodium</b>	90mg (4%DV)	100mg (4%DV)	85mg (4%DV)	90mg (4%DV)	90mg (4%DV)	100mg (4%DV)	82mg (3%DV)
<b>Cholesterol</b>	0mg	0mg	0mg	0mg	0mg	0mg	30mg
<b>Vitamin A</b>	10%DV	10%DV	10%DV	10%DV	10%DV	10%DV	8%DV
<b>Vitamin D</b>	0%DV	15%DV	20%DV	0%DV	50%DV	20%DV	0%DV
<b>Vitamin B6</b>	0%DV	0%DV	35%DV	0%DV	35%DV	0%DV	0%DV
<b>Vitamin B12</b>	0%DV	0%DV	20%DV	0%DV	20%DV	0%DV	0%DV
<b>Vitamin E</b>	0%DV	0%DV	10%DV	0%DV	10%DV	10%DV	0%DV
<b>Ingredients</b>	Vegetable Oil Blend (Soybean Oil, Palm Oil, Palm Kernel Oil, Canola Oil), Water, Natural Sweet Cream Buttermilk+, Salt, Vegetable Mono and Diglycerides, Natural Soy Lecithin, Potassium Sorbate, Calcium Disodium EDTA) Used to protect Quality, Citric Acid, Natural and Artificial Flavors, Vitamin A (Palmitate), Beta Carotene (Color).	Vegetable Oil Blend (Soybean Oil, Palm Oil, Palm Kernel Oil), Water, Whey (Milk), Salt, Vegetable Mono and Diglycerides, Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Citric Acid, Vitamin A Palmitate, Beta Carotene (Color), Artificial Flavor, Cholecalciferol (Vitamin D3). Contains: Milk (Whey) and Soy	Vegetable Oil Blend (Liquid Soybean Oil, Canola Oil, Palm Oil, Palm Kernel Oil), Water, Whey (Milk), Salt, Vegetable Mono and Diglycerides. Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Vitamin E, Citric Acid, Cyanocobalamin (Vitamin B12), Pyridoxine Hydrochloride (Vitamin B6), Artificial Flavor, Vitamin A (Palmitate), Beta Carotene (Color), Vitamin D3.	Water, Vegetable Oil Blend (Liquid Soybean Oil, Palm Oil, Palm Kernel Oil, Liquid Canola Oil), Salt, Gelatin, Nonfat Yogurt* (Cultured Nonfat Milk), Natural Soy Lecithin, Vegetable Mono and Diglycerides. Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Lactic Acid, Artificial Flavors, Vitamin A (Palmitate), Beta Carotene (For Color). *Adds a dietary insignificant amount of cholesterol per serving	Natural Oil Blend (Palm Fruit, Soybean, Canola, and Olive Oils), Water, Contains Less than 2% of Salt, Whey (From Milk), Vegetable Monoglycerides and Sorbitan Ester of Fatty Acids (Emulsifiers), Soybean Lecithin, Potassium Sorbate, Lactic Acid (To Protect Freshness), Natural and Artificial Flavors, Calcium Disodium EDTA, Vitamin A Palmitate, Vitamin B6, Vitamin B12, Vitamin D, Vitamin E (dl-a-Tocopherol Acetate), Beta-Carotene Color.	Water, Natural Oil Blend (Soybean and Palm Fruit Oils), Contains less than 2% Salt, Pea Protein, Natural Flavor, Monoglycerides of Vegetable Fatty Acids, Sorbitan Ester of Vegetable Fatty Acids, Vitamin A Palmitate, DL-a-Tocopherol Acetate (Vitamin E), Beta Carotene Color, Vitamin D3 and Lactic Acid, Potassium Sorbate and Calcium Disodium EDTA to Protect Freshness.	Sweet Cream, Salt, Milk (Ingredient list obtained from Land O'Lakes® salted butter)

\*Reference: USDA National Nutrient Database. (2010, February 3). Butter, salted, 1 tablespoon. Retrieved from [http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\\_nut\\_edit.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl)

\*Monounsaturated fatty acids \*Polyunsaturated fatty acids

Nutrient profile and ingredients based on product nutrition label information.