

Butter vs Margarine

THIS IS INTERESTING

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had funded all the research wanted to be paid back so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings.

DO YOU KNOW The difference between margarine and butter?

Read on to the end...it gets very interesting!

Both have the same number 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 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 flavors of other foods.

Butter has been around for centuries whereas 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) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact....

HERE IS THE PART THAT IS VERY INTERESTING!

Margarine is only ONE MOLECULE away from being PLASTIC. This fact alone is enough for me to avoid margarine for the rest of my 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 a shaded area. Within a couple of days you will notice 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 weensy microorganisms will not find a home to grow in. Why? Because it is one molecule away from being plastic, remember? Would you melt your Tupperware and spread that on your toast?

Share This With Your Friends..... (If you want to "butter them up")!

with everyone you care about, OK?

Nutrition & Health Center
Dr. Vernon S. Redd
10801 Lomas NE, Suite 100
www.docredd.com
505-888-6138