

Mayo Clinic Minute: Butter versus margarine for heart health

Video	Audio
	What's better for you? A pat of butter or a spread of margarine? It depends, says Mayo Clinic's Katherine Zeratsky.
Katherine Zertatsky Registered Dietitian Nutritionist Mayo Clinic	"When we think about butter and margarine from a health perspective, particularly a cardiovascular heart perspective, margarine seems to have a bit of an advantage. "
	It comes down to good fats versus bad fats.
	"Margarine is likely going to have more unsaturated fat; whereas, butter is going to have saturated fat."
	"Saturated fat is known to raise bad cholesterol, the LDL cholesterol."
	Not all margarine is the same. Zeratsky says look for a margarine that comes in tub rather than stick form.
	"Having a softer, more liquid-type product is a better option because it's going to contain more unsaturated fats."
	Does that mean you should forgo butter completely?
	"Butter, although not considered heart-healthy, for some people, they just really enjoy the taste. And, so, the portion becomes especially important."
	For the Mayo Clinic News Network, I'm Vivien Williams.