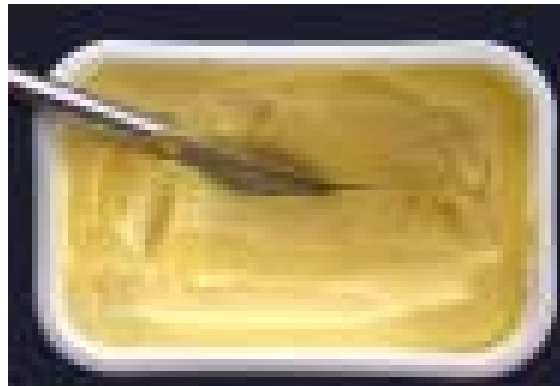


# Healthy fats – the spreadable option

Dr Paul Stillman



# The spreadable option

In the 19<sup>th</sup> century, butter was expensive for those who did not live off the land

Louis Napoleon III offered a reward to anyone who could produce an acceptable alternative

A French chemist named Hippolyte Mège Mouriès won the 1869 competition

# The spreadable option

He called it margarine after its primary ingredient, margaric acid, which was discovered in 1813 by Michael Eugene Chevreul

Margaric acid derived its name from the Greek term for pearls, *margarite*, because of the milky drops that Chevreul noticed in his discovery

# The spreadable option

Today, however, there are no branded margarines on sale in the UK



Instead, vegetable oil spreads are an increasingly popular choice among consumers

# The spreadable option

A small amount of fat is an essential part of a healthy, well balanced diet

Provides us with the fat soluble vitamins A, D, E and K

Valuable source of essential fatty acids, which our bodies cannot make

# The spreadable option

All spreads contain vitamins A, D and E

- 14% of total vitamin E intake in adults
- 16% of total vitamin D intake in adults
- contribution to vitamin A intake to a lesser degree

# The spreadable option

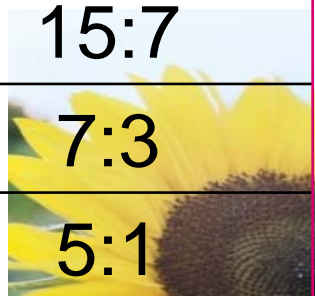
The kinds of added benefits that specific spreads now provide include:

- even lower-fat options
- less saturated fat
- rich in MUFAs and PUFAs
- low-salt or salt-free
- rich in omega-3 (both long and short-chain)
- added omega-6
- enriched with plant sterols
- added buttermilk for a buttery flavour

# The spreadable option

Most spreads are made from sunflower oil, olive oil or rapeseed oil – each with good health profiles

Saturation (%)				
	SFA	MUFA	PUFA	Unsat/sat ratio
Rapeseed oil	6%	62%	32%	15:7
Sunflower oil	12%	19%	69%	7:3
Olive oil	16%	71%	11%	5:1

A decorative image of a sunflower is positioned in the bottom right corner of the slide, partially overlapping the table's border.

# The spreadable option

There is no partially hydrogenated fat in any brands of spread sold in the UK and they are all virtually free of trans-fatty acids now

The NDNS cites average daily use of spreads at 6.1g/day for men and 3.7g/day for women

This means that current use of spreads  
= **just 5% of fat GDA for women**  
**and 6% of fat GDA for men**

# The spreadable option

What we want people to realise is that...

**...liquid vegetable oils and spreads are a healthy way to get the daily GDA of fat – with added benefits too**

# So what now?

- We need YOUR help
  - ✓ Raise awareness of the essential purpose of fat in the diet
  - ✓ Educate on the different types of fat and which should be reduced in the diet
  - ✓ Help people understand which foods are rich in 'good' fats
  - ✓ Share accurate information on which foods are high in saturated fats and TFAs