

MARGARINE OR BUTTER?

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Margarine has been introduced in the food industry as a less fattening alternative to butter. It has been generally accepted and widely used in our culture, but there are some interesting facts about margarine that would have you keep it far away from your food.



First of all, margarine was originally manufactured to fatten turkeys, but it ended up killing them. So the people who had put all the money into the research put their heads together to figure out what to do with this product in order to get their money back.

It was a white substance with no food appeal, so they simply added the yellow food 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 flavors...

DO YOU KNOW the difference between margarine and butter? Read on to the end...it gets fascinating!

Below are some facts comparing the two:

- Both have the same amount of calories.
- Butter is slightly higher in saturated fats at 8 grams (per x amount?) compared to margarine's 5 grams (per x amnt)
- According to a recent Harvard Medical Study, eating margarine can increase the chance of heart disease in women by 53% versus if the same amount of butter was eaten.
- Eating butter increases the absorption of many other nutrients in other foods.
- Butter has many nutritional benefits whereas margarine has few and 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.

Margarine:

- Very high in trans fatty acids.
- Increases the risk of cancers up to 5 times.
- Decreases the immune response.
- Increases total cholesterol and LDL levels (the bad cholesterol) and lowers HDL cholesterol levels (the good cholesterol).
- Triples the risk of coronary heart disease.
- Lowers the quality of breast milk.
- Decreases the insulin response.

And here's the most disturbing fact... THE PART THAT IS VERY INTERESTING!
Margarine is but ONE MOLECULE away from being PLASTIC... and shares 27 ingredients with PAINT.

These facts alone are enough for me and my family to avoid margarine forever and anything else that is hydrogenated (when hydrogen is added, changing the molecular structure of the substance).

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

- There are no flies; not even those pesky fruit flies will go near it, which 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 weeny microorganisms will not find a home to grow in a tub of margarine.

Why? Because it is nearly plastic—would you melt your Tupperware and spread that on your toast?

CHINESE PROVERB:

When someone shares something of value with you, and you benefit from it, you have a moral obligation to share it with others.

...Pass the BUTTER PLEASE!!

