

# SLIMTONE



## MARIE'S GUIDE TO FATS, OIL AND SPREADS

FAT CONTAINS TWICE AS MANY CALORIES AS THOSE FOUND IN CARBOHYDRATES AND PROTIENS.

**\*\* TAKE A LOOK AT THE SUGGESTED SPREADS AND SAVE YOURSELF INCHES!!**

Per 30g/1oz	Cals
Anchor Butter/Spreadable Lighter	220/163
Atora Shredded Suet	239
Benecol/Benecol Light	149/98
Dairy Crest Willow	202
Dairy Crest Clover/Lighter	204/137
Dripping	250
Flora Buttery/Cuisine	190/189
Flora Pro Active Light/Olive Spread	96
Flora Light/Extra light	105/56
Ghee	235
Kerrygold Butter Spreadable	217
Margarine	210
St Ivel Utterly Butterly/Vitalite	160/151
Per 15ml/Tblspn	
Flora Cuisine	95
Flora Sunflower Oil	125
Fry Light One cal Spray (One per spray)	1
Mazola Corn Oil/ Napolina Olive Oil/Cod Liver Oil	125
Alternative Spreads Per oz/28g ☺	
Brown Sauce 15 ml	27
Dairylea Light	31
Hellmans Extra Light Mayo	10
Heinz Salad Cream 70% less fat (15g)	22
Heinz Ploughman's Pickle (10g)	12
Heinz sandwich spread/light (10g)	22/16
Honey (15g)	46
Laughing Cow Light per triangle	25
Low Fat Pate	56
Lo Lo Cheese Spread	60
Nutella Chocolate (15g)	80
Philadelphia Light/Extra Light	47/33
Philadelphia Chocolate	83
Shippams Salmon Paste <b>35g Jar</b>	60
Sainsbury's Mango Chutney (15g)	48
Streamline reduced sugar Jam/Marmalade (15g)	26
St Dalfour Strawberry Jam (15g)	34
Sainsbury's Lemon Curd 2 tspn (12g)	36
Sun-Pat Peanut Butter (15g)	92
Tomato Ketchup 15 ml	18