



**Have any of the following sneaked back into your fridge? There is a healthy eating alternative to most high fat products.**

<b>Per 30g/1oz</b>	<b>Cals</b>
Anchor Butter/Spreadable Lighter	220/163
Benecol/Benecol Light	149/98
Bertolli Original/with Butter/Light	162/180/105
Dairy Crest Willow/Clover/Clover Lighter	212/204/137
Flora Buttery/cuisine	190/189
Flora Pro Active Light/Olive Spread	96
Flora Light/Extra light	105/56
Lurpak butter/Lighter/Lightest	212/156/114
St Ivel Utterly Buttery/Vitalite	160/151
Atora Shredded Suet	239
Margarine	210
Dripping	250
Ghee	235
<b>Per 15ml/Tbsp</b>	
Mazola Corn Oil/ Napolina Olive Oil/Cod Liver Oil	125
Flora Cuisine	95
Flora Sunflower Oil	125
Fry Light One cal spray - Olive Oil, Sunflower, Garlic, Chilli or Butter.	1

**\*\*Save calories when making sandwiches by swapping your usual butter or low-fat spread to any of the following:**

<b>Spreads Per oz/28g ☺ OR AS STATED</b>	
Philadelphia Flavoured /Extra Light cream cheese	47/33
Philadelphia Light Mini (35g) per portion	53
Dairylea Light	31
Laughing Cow Light with cheddar etc. per triangle	25
Seriously Strong Light Cheese Squares/Original	32/42
Low Fat Pate	56
Shippams Salmon Paste <b>35g Jar</b>	60
Brown Sauce 15 ml	27
Tomato Ketchup 15 ml	18
Hellmans Extra Light Mayo	10
Heinz Salad Cream Original/ Light/ 70% less fat (15g)	44/ 35/ 18
Heinz Ploughman's Pickle (10g)	12
Sainsbury's Mango Chutney (15g)	48
Heinz sandwich spread/light (10g)	22/16
Streamline reduced sugar Jam/Marmalade (15g)	26
St Dalfour Strawberry Jam (15g)	34
Nutella Chocolate (15g)/ Philly chocolate spread	80/55
Honey (15g)	46
Sainsbury's Lemon Curd 2tspn (12g)	36
Sun-Pat Peanut Butter (5g tspn)	32

©Marie Griffiths 2022