

THE BATTLE OF THE SPREADS

MARGARINE *VS* BUTTER

The margarine versus butter argument is still one of the most hotly debated nutrition topics. However when it comes to heart health, plant based margarines still have the edge over butter. Here are the facts:

MARGARINE

- Made from plant or vegetable oils.
- Choose olive oil or canola oil spreads.
- Contains unsaturated or healthy fats.
- Replacing saturated fats with unsaturated fats can help lower cholesterol.
- Easier to spread, so you use less.
- If in doubt check the food label.
- Not made from plastic and low in transfat

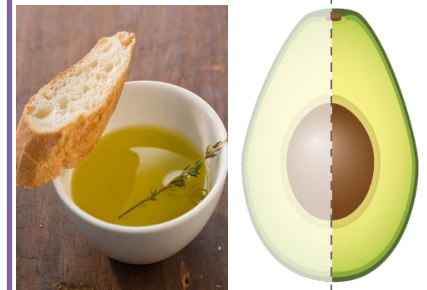
BUTTER

- Made from animal fats.
- Contains 50% saturated or unhealthy fats.
- Harder to spread so you use more.
- High in energy or kilojoules.
- High in salt.
- 1 tablespoon = 1 junk food serve
- Large amounts can lead to increased cholesterol.



SPREAD IT LIKE IT'S HOT

Liven up your sandwich with other healthy natural spreads like avocado, natural peanut butter, hummus or olive oil. Remember they are stills fats so they are high in energy. Try to keep to 20g or 1 tablespoon a day for a healthy weight.



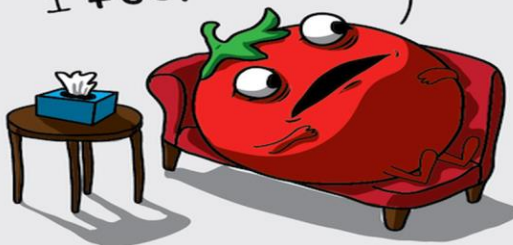
FOOD SENSATIONS FOR ADULTS PUBLIC PROGRAMS - [BOOK HERE](#)

DATE	LOCATION	TIME
Fridays, May 5, 12, 19 & 26	Foodbank WA, 23 Abbott Rd, Perth Airport	11:00am - 1:30pm
Thursdays, June 1, 8, 15 & 22	Pearsall Hocking Community Centre, Pearsall	10:30am - 1:00pm

OR Call 9463 3231 about council programs in Cockburn, Fremantle & Cannington.

FOOD FUNNIES

I know I'm supposed to be a fruit, but I feel like a vegetable...



theAwkwardYeti.com

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Take 5 minutes to complete the Food Sensations evaluation survey from Curtin University which will be emailed to you three months after your program finishes. Every three months a winner will be drawn!

Nacho Stacks



Serves
4-6

Cooking time
35

Cost per serve
\$3

Veg per serve
4



TIP
Serve with guacamole and extra salad



Ingredients
4-6 wholegrain wraps
2 cloves garlic, 1 capsicum
1 teaspoon chilli powder
400g can diced tomatoes, 400g can four bean mix, 400g can corn kernels
½ cup water, Spray oil
2 teaspoons cumin
2 tablespoons tomato paste
100g reduced fat cheese
1 cup reduced fat Greek yoghurt



Equipment
Knife
Chopping board
Frypan
Can opener
Strainer
Cup measures
Spoon measures
Mixing spoon
Grater

How to make it



1. Cut wraps into 8 pieces. Turn frypan onto medium heat and toast for 2 minutes each side until brown. Set aside.



2. Chop garlic and capsicum into small pieces. Drain beans and corn.



3. Spray frypan with oil and turn onto medium heat. Add garlic, tomatoes, beans, corn, tomato paste, chilli powder, cumin and water. Cook for 10 minutes.



4. Place toasted wraps on a plate. Add bean mix, diced capsicum and yoghurt.



5. Grate cheese and sprinkle over the top.

Sugar in drinks

1 spoon = 1 teaspoon = 4g sugar



= 0



= 11



= 15



= 0



= 11



= 16



= 3



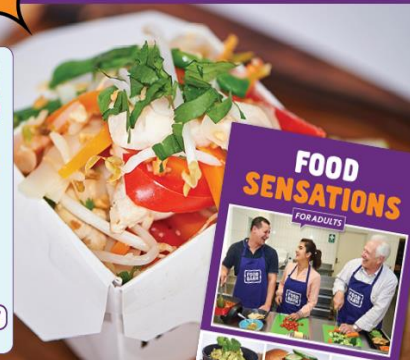
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Find these handy tips & recipe in our **NEW** recipe book. Download [HERE](#)

NEW RECIPE BOOK



Get your copy when you attend a **Food Sensations® for Adults** program



Food Sensations for Adults is a program funded by the Department of Health.

