

Transform your diet!

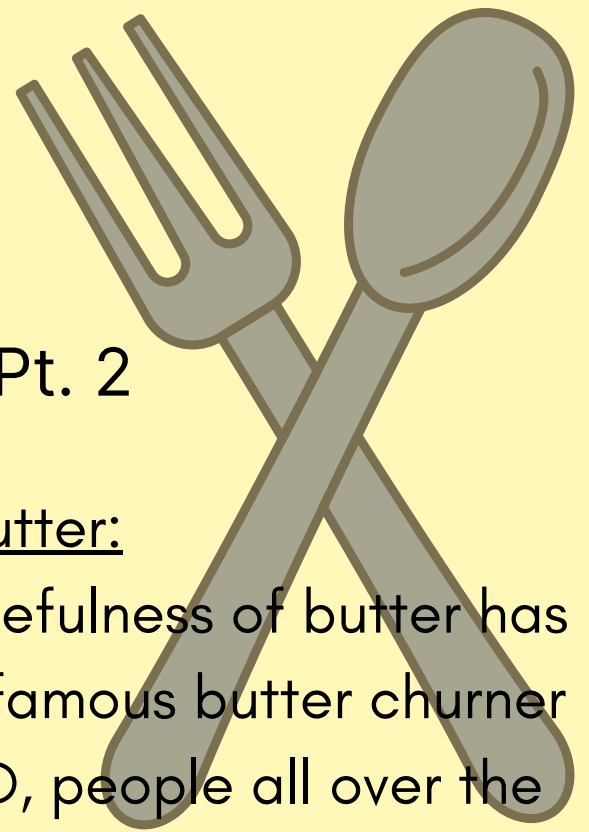
Pt. 2

Alternatives for butter:

Since the beginning of time, the usefulness of butter has never been questioned. When the famous butter churner was created in the 6th Century AD, people all over the world began to utilize it to get the common household ingredient.

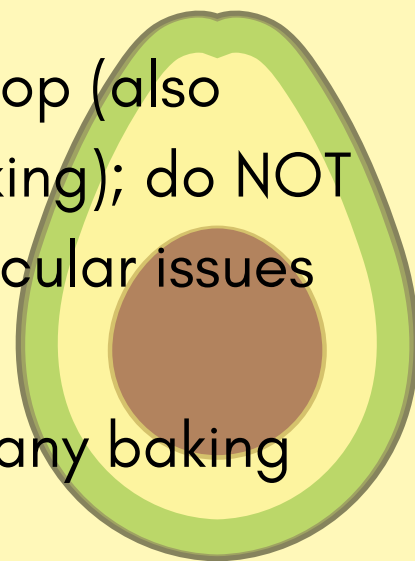
However, as time went by, people started to worry about the health concerns that too much butter could bring upon. As research was done on the contents and make-up on butter, it was discovered that butter contained high amounts of saturated fat, which is known to cause cholesterol build-up, increasing your risk for heart issues.

Just as these discoveries about butter and what happens if too much of it is consumed reached the world, many alternatives to butter have also come out. Check them out!



Olive Oil: can be used to cook on stovetop (also provides non-stick resistance when cooking); do NOT use with baking; lowers risk of cardiovascular issues

Greek Yogurt: high in protein; used in many baking recipes



Avocado: nutritious; includes monounsaturated fats (as opposed to saturated fats); adds to nutrient content

Applesauce: popular substitute for butter in baking and in cooking; naturally adds sweetness; cuts calories and increases nutritional content of many dishes



WORKS CITED

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