

Margarine Wins the Heart-Health Debate vs. Butter

46 Everyday Families Prove That Margarine Is The Best Tablespread

(NAPSA)—For consumers who have agonized over whether to select margarine or butter, the debate is finally over. A revolutionary study published recently in the prestigious *Journal of the American Medical Association* proves that switching to margarine from butter can lower your entire family's cholesterol.

The study's 46 families (including 92 parents and 134 children, some as young as six years old) followed either a butter-based or margarine-based diet for five weeks—then switched to the other diet. Blood cholesterol was checked periodically along with other important criteria.

The result? Compared to butter, the margarine diet **significantly** lowered LDL ("bad") cholesterol by 11 percent in adults and 9 percent in children. In some cases, the margarine diets lowered cholesterol levels as much as medication.

It's a well-established fact that reductions in blood cholesterol result in a reduced risk of heart disease. Studies also confirm that risk factors for heart disease begin developing in childhood. So, diet and exercise do matter throughout all stages of life.

"These findings support the advice from leading health professional organizations to substitute softer margarines for butter as part of a heart-healthy diet," says Beth Hubrich, a dietitian with the National Association of Margarine Manufacturers. "It's especially important for adults with young children to set a healthful example for good eating in the future." She adds, "When the children grow up, they will then use this more healthful selection in place of butter."

Whether used as a vegetable topping, a bread spread, or an ingredient for a favorite pasta dish, everyone in the family can feel good about eating margarine. Just make sure there is enough to go around. To learn more, visit www.margarine.org.



Lemon Dijon Pasta Toss

- ½ cup margarine or vegetable oil spread
- ¼ cup Dijon mustard
- 2 cloves garlic, chopped
- 1 tablespoon lemon juice
- 3 tablespoons chopped fresh parsley
- Dash black pepper
- 12 ounces pasta, cooked

In saucepan, heat margarine, mustard, garlic, lemon juice, parsley and pepper until margarine melts and mixture is hot. To serve, toss hot pasta with mustard mixture. Makes 4 servings.

Garlic Rosemary Potatoes

- 4 large potatoes, cut into wedges
- 1½ teaspoons dried rosemary leaves
- 1 teaspoon garlic powder
- 2 tablespoons margarine or vegetable oil spread, melted (or liquid margarine)

In large bowl, toss potatoes with rosemary and garlic. On lightly greased baking pan, arrange potatoes in single layer; drizzle with melted margarine. Broil 4-inches from heat for 25 to 30 minutes or until tender, turning potatoes once. Makes 4 servings.

Note to Editors: Since 1963, the U.S. Congress has mandated that the President issue a proclamation designating February as American Heart Month. The intent is to urge Americans to join the battle against cardiovascular disease—our nation's No. 1 killer.

Research: Denke et al. Individual Cholesterol Variation in Response to a Margarine- or Butter-Based Diet. *Journal of the American Medical Association*. December 6, 2000. Vol. 284. No. 21. 2740-2747.