



## Butter

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### PRODUCT DESCRIPTION

- This product is 100% natural butter. The product has excellent spreadability characteristics. A small amount of salt has been added.

### PACK/YIELD

- 1 lb carton
- One serving of butter is 1 tablespoon, and one carton has about 32 servings.

### STORAGE

- Store unopened cartons of butter in the refrigerator until ready to use.
- After opening, cover with lid and store in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the carton.
- For further guidance on how to store and maintain USDA Foods, please visit our policy memo:  
[http://www.fns.usda.gov/fdd/policymemo/pmfd107\\_NSLP\\_CACF\\_SFSP\\_CSFP\\_FDPIR\\_TEFA\\_P\\_Cl-StorandInvMgmt.pdf](http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFA_P_Cl-StorandInvMgmt.pdf)

### USES AND TIPS

- Use small amounts of butter to coat a skillet or pan when cooking vegetables or meats.
- Use butter sparingly to spread-over toast.
- Mix butter with garlic powder and other spices; spread over slices of bread and heat in the oven for quick garlic bread.
- Mix small amounts of butter with spices and spread over warm vegetables.

### NUTRITION INFORMATION

- 1 tablespoon of butter counts as 2 ½ teaspoons of oils in MyPlate.gov. For a 2,000-calorie diet, the recommended daily allowance is 6 teaspoons. Use butter sparingly. Foods higher in solid fats contain higher levels of saturated fat and cholesterol that can contribute to diet-related diseases.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1 tablespoon (14g)

#### Amount per Serving

**Calories** 102 **Calories from Fat** 69

#### % Daily Value\*

<b>Total Fat</b> 11.5g	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 0g	

Vitamin A 7%	Vitamin C 0%
Calcium 0%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

# FDPIR Tip Sheet

## Making Healthier Choices when Using Fats and Oils



### Overview

The Dietary Guidelines for Americans, 2010, recommends limiting the intake of foods like butter that are high in solid fats to help reduce the risk of diet-related diseases. Solid fats are fats that are solid at room temperature, and contain higher levels of saturated fats and/or trans fats. Butter is offered in the FDPIR food package in limited quantities to reflect these recommendations. You have the option to select light buttery spread or vegetable oil instead of butter in any and every month.

Oils are generally better for your health than solid fats because they contain less saturated fats and/or trans fats. Many Americans get enough oils from fish, nuts, and vegetable oil, which are offered in the FDPIR food package.

With the variety of fats offered in the FDPIR food package, you can choose wisely to create a healthy eating pattern.

### Comparing Fats and Oils in FDPIR

	<b>Butter (1 Tbsp)</b>	<b>Light buttery spread (1 Tbsp)</b>	<b>Vegetable Oil (1 Tbsp)</b>
<b>Total Fats</b>	11 g	5 g	14 g
<b>Saturated Fats</b>	7 g	1.5 g	2 g
<b>Trans Fats</b>	0.3 g	0 g	0 g
<b>Cholesterol</b>	33 mg	0 mg	0 mg

### Tips to using fats/oils wisely:

- Use butter sparingly - foods higher in solid fats contain higher levels of saturated fat and cholesterol that can contribute to diet-related diseases.
- Use small amounts of light buttery spread or oil in place of butter when preparing foods.
- Substitute applesauce for half of the fat or oil in home-baked products.

For more information about solid fats and oils as part of a healthy eating pattern, visit [www.choosemyplate.gov/food-groups/oils.html](http://www.choosemyplate.gov/food-groups/oils.html)