

Covering the Spreads

Best Bites (✓✓) have no more than 1.5 grams of saturated fat per tablespoon. **Honorable Mentions** (✓) have 2 grams. We disqualified spreads with added sugar. Products are ranked from least to most saturated fat, then calories, then sodium.

Spreads (1 Tbs., tub)	Calories	Sat Fat (g)	Sodium (mg)
✓✓ Promise Activ Light	45	0.5	85
✓✓ I Can't Believe It's Not Butter! the Light One	35	1	85
✓✓ Country Crock Light	35	1	90
✓✓ Imperial	35	1	90
✓✓ Blue Bonnet Light	40	1	95
✓✓ Promise Light	45	1	85
✓✓ Olivio Light	50	1	90
✓✓ Benecol Light	50	1	95
✓✓ Parkay Light	50	1	110
✓✓ Blue Bonnet Calcium plus Vitamin D	50	1	130
✓✓ Fleischmann's Original	60	1	35
✓✓ Fleischmann's Made with Olive Oil	60	1	45
✓✓ Benecol Original	70	1	105
✓✓ Brummel & Brown Made with Real Yogurt	45	1.5	90
✓✓ Smart Balance Light—Extra Virgin Olive Oil, Flaxseed Oil, or Omega-3 ¹	50	1.5	80
✓✓ Country Crock—Calcium with Vitamin D, Churn Style, or Original ¹	50	1.5	100
✓✓ Blue Bonnet	50	1.5	120
✓✓ Parkay	60	1.5	90
Country Crock Honey	70	1.5	45
✓✓ Parkay Squeeze	70	1.5	110
✓✓ Promise Buttery	80	1.5	85
✓✓ Olivio Original	80	1.5	95
✓ Smart Balance Made with Extra Virgin Olive Oil	60	2	70
✓ I Can't Believe It's Not Butter! It's Vegan	60	2	90
✓ I Can't Believe It's Not Butter! the Original	60	2	90
✓ I Can't Believe It's Not Butter! with Olive Oil	60	2	90
✓ Pure Blends Avocado Oil	60	2	90
✓ Smart Balance Low Sodium	70	2	30
✓ Land O Lakes Fresh Buttery Taste	70	2	80
✓ Land O Lakes Soft Squeeze	90	2	90
✓ Canoleo Original	100	2	100
I Can't Believe It's Not Butter! with Coconut Oil	60	2.5	90
Earth Balance—Made with Olive Oil or Omega-3 ¹	80	2.5	80
Smart Balance—Omega-3, Organic, or Original ¹	80	2.5	90
Earth Balance Organic Whipped	80	2.5	100
Olivio Coconut	70	3	90
Brummel & Brown Organic	80	3	80
Earth Balance—European Style, Original, or Soy Free ¹	100	3	100
Land O Lakes Margarine	100	3	105
Melt Organic—Probiotic or Rich & Creamy	80	3.5	85
Pure Blends Coconut Oil	60	4	90
Earth Balance Organic Coconut	100	5	70
Nutiva Organic Butter Flavor Coconut Oil	130	13	0

Sticks (1 Tbs.)	Calories	Sat Fat (g)	Sodium (mg)
✓ Blue Bonnet Light	50	2	75
✓ Parkay Light	50	2	75
Blue Bonnet	60	2.5	130
Smart Balance Original	80	3.5	90
Country Crock Unsalted	100	3.5	0
Country Crock Salted	100	3.5	85
I Can't Believe It's Not Butter! Original	100	3.5	100
Earth Balance—Soy Free or Vegan ¹	100	3.5	115
Melt	80	4.5	85
Miyoko's	90	8	65

Butter (1 Tbs., tub, unless noted)	Calories	Sat Fat (g)	Sodium (mg)
✓ Challenge Spreadable Lite Butter Flavored with Olive Oil	50	2	90
✓ Land O Lakes Light Butter with Canola Oil	50	2	90
✓ Smart Balance Light Butter and Canola Oil Blend	50	2	90
Land O Lakes—Cinnamon Sugar or Honey ¹	70	2.5	40
Finlandia 25% Reduced Fat Spreadable Butter	70	3	50
Land O Lakes Garlic & Herb Butter Spread	70	3	100
Challenge Lactose Free Clarified Butter with Canola Oil	80	3	110
Land O Lakes Whipped Unsalted Butter	50	3.5	0
Land O Lakes Whipped Salted Butter	50	3.5	50
Land O Lakes Light Butter (stick)	50	3.5	95
Challenge Spreadable Butter Flavored with Olive Oil	80	4	75
Finlandia Spreadable Butter	90	4	35
Land O Lakes Butter with Olive Oil & Sea Salt	90	4	90
Land O Lakes Less Sodium Butter with Canola Oil	100	4	65
Smart Balance Butter and Canola Oil Blend	100	4	85
Smart Balance Butter and Canola & Extra Virgin Olive Oil Blend	100	4	85
Land O Lakes Butter with Canola Oil—regular or Plus Calcium & Vitamin D ¹	100	4	90
Breakstone's Whipped Salted Butter	70	4.5	60
Horizon Organic Spreadable Butter with Sunflower Oil & Sea Salt	100	4.5	50
Challenge Whipped Unsalted Butter	70	5	0
Challenge Whipped Butter	70	5	60
Kerrygold Reduced Fat Butter	80	5	45
Kerrygold Irish Butter with Canola Oil	80	5	65
Challenge Spreadable Butter with Canola Oil	90	6	70
Land O Lakes Butter with Olive Oil & Sea Salt (stick)	100	6	85
Butter, unsalted (stick)	100	7	0
Butter, salted (stick)	100	7	90
Organic Valley Cultured Pasture Butter (stick)	110	7	35
Land O Lakes Extra Creamy European Style Salted Butter (stick)	110	8	75
4th & Heart Original Recipe Ghee Butter	140	9	0
Organic Valley Ghee	140	9	0
Kelapo Ghee	120	10	0

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the varieties listed. Note: Best Bites and Honorable Mentions refer to nutrition, not taste.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams. **Sodium:** 2,300 milligrams.

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