

# Butter Guide

We use **regular, classic butter** as this type is cost-effective and accessible. However, you can choose another option. Here are a few swaps and how they differ:



## Similar Swaps

**\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



### GHEE

Clarified butter. Nutty, rich flavor, similar texture, lactose-free and shelf-stable, a touch higher in fat percent.



## Other Options

**\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



### MARGARINE

#### (NON HYDROGENATED)

Soft, spreadable, similar taste to butter, plant-based, lower in saturated fat.



### TAHINI

Nutty, slightly bitter, creamy texture, adds nourishing fats and a touch of protein



### VEGAN BUTTER

Very similar taste and texture to dairy butter, plant-based, often made from oils and can include added vitamins.



### SPRAY BUTTER

Lower-calorie, butter-flavored oil (usually canola, sunflower, or a blend) in a bottle. Convenient and flavorful but not a 1:1 substitute for recipes



### COCONUT OIL

Solid at room temp, slightly sweet coconut flavor, mimics butter's richness, higher in saturated fat but vegan-friendly.



### NUT BUTTERS

Rich, nutty flavor, creamy texture, adds nourishing fats and protein



### VEGETABLE SHORTENING

Neutral flavor, solid texture, excellent for flakiness in pastries, zero cholesterol, fully processed



### OLIVE OIL

Provides more unsaturated, heart-healthy fats, antioxidants, has a distinct flavor, and is liquid at room temperature. May not always be a direct swap

# Butter Fact Sheet

Per 1 tbsp



Calories	Fat	Protein	Carbs	Fiber	Cost
100	12	0	0	0	0.12

- Butter predominantly **provides the body with fat.**
- Some **vitamins are fat-soluble** (A, D, E, K). That means your body can't absorb them properly without some fat in your meal.
- Fat carries flavor and creates satisfying texture. Foods with some fat are often more enjoyable, so you're more likely to eat enough vegetables, proteins, or whole grains, **boosting overall nutrient intake.**
- Dietary fats are essential for **producing hormones** like estrogen, testosterone, and cortisol.
- Fats slow digestion and carbohydrate absorption, helping **keep blood sugar more stable.**
- Butter is high in **saturated fats**, which are fats that have no double bonds between their carbon atoms — they're fully 'saturated' with hydrogen atoms. Saturated fats are usually solid at room temperature (like butter, coconut oil, and lard), which makes them more stable for cooking at high heat and helps add texture to foods. Diets very high in saturated fats can contribute to clogged arteries, as the way these fats solidify in the body can resemble how they behave at room temperature.