



SMART BALANCE SUBSTITUTION CHART

Substituting with Smart Balance® products is an easy & delicious way to make your favorite recipes healthier. And the best part is they'll bake and taste the same.

CALLS FOR	SUBSTITUTE AND CONVERSION	BENEFITS OF SWITCHING
BUTTER	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ 28% less saturated fat than butter ◆ 50% less cholesterol than butter ◆ Excellent source of ALA & EPA/DHA Omega-3s (32mg EPA/DHA, 20% of 160mg DV; 320mg ALA, 20% 1,600mg DV)
BUTTER	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ 60% less saturated fat than butter ◆ 0mg cholesterol ◆ Helps support healthy cholesterol levels¹ ◆ 0g trans fat naturally
MILK	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ Fat Free Milk² ◆ 0mg saturated fat ◆ 25% more calcium and protein than whole milk (32mg EPA/DHA, 20% of 160mg DV) ◆ Excellent source of EPA/DHA Omega-3s
OIL	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ 0mg cholesterol ◆ Helps support healthy cholesterol levels¹ ◆ 1140mg Omega-3s per serving
COOKING SPRAY	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ 0 calories ◆ 0g fat ◆ 0mg cholesterol ◆ Helps support healthy cholesterol levels¹
EGGS	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ 25% less saturated fat than regular eggs ◆ 70mg of DHA Omega-3 and 180mg of ALA Omega-3 per serving ◆ Good source of Vitamins E, D & A
PEANUT BUTTER	 1 to 1 Substitution	<ul style="list-style-type: none"> ◆ All natural ◆ 0g trans fat ◆ Excellent source of Omega-3 ALA (320mg ALA, 20% of 1,600mg DV)

Please note that due to lower fat content, our "Light" varieties of buttery spreads are not intended for cooking or baking and should be used only as spreads.

¹The right blend of fats may improve your cholesterol ratio when at least 2/3 of fat intake comes from our food plan; limit fat to 30% of calories and saturated fats to 10% of calories. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly.

²1g total fat from Omega-3 oil blend.