

Substitutes for Butter

Instead of Butter: Use top quality, cold pressed, extra virgin olive oil, from the first pressing, or flaxseed oil.

The taste of virgin olive oil is appealing to millions of people around the world, so why not adopt it to your taste?

Flaxseed oil is prized for health reasons and not for its taste. You can always compensate for that by adding spices to the appropriate dish.

Let's say you want to add a little flaxseed oil to mashed potatoes, instead of butter. You could add basil, oregano, rosemary, curry, garlic, or any other spice that agrees with your palate.

You can use a little virgin olive oil on mashed potatoes with basil and roasted garlic, but it's up to the individual's own taste. At home, we use a little olive oil on toast, instead of butter. Again, you could spice it, but try to avoid salting.

Depending on whose study you read, flaxseed oil contains Omega-3, Omega-6, and Omega-9 Oils.

Olive oil has some Omega-6 value, but it tastes great.

If you want to learn a lot more about beneficial oils, visit:

http://www.math.ucsd.edu/~ebender/Health%20&%20Nutrition/Nutrition/oil_good.html

To name a few of the many conditions improved by Omega-3 Oils: High Cholesterol Levels, Prevention of Strokes and Heart Attacks, Cancer Prevention and Treatment, Multiple Sclerosis, Allergies, Angina, High Blood Pressure, Arthritis, and Asthma.

To read a little more about the link between cancer prevention and Omega-3 fatty acids, please visit:

http://www.seapet.com/EFA_cancer.htm#AICR

It goes without saying any further, that omega-3 fatty acids should be boosted in most of our diets.

You will notice, I did not mention, margarine as a dietary recommendation. Trans-fats are formed as a result of chemical hydrogenation. Depending upon the brand you buy, margarine may contain up to 45 percent trans-fats.

"The problem with trans fatty acids is that your body doesn't know what to do with them," said Brian Olshansky, M.D., University of Iowa Health Care professor of internal medicine.

Trans fatty acids (trans-fats) are linked to diabetes, high cholesterol, sudden cardiac death, obesity, and heart disease.

Expect to see a warning on the labels of food containing trans-fats in the near future. New labeling for foods is expected soon, and total trans-fats contained within a product serving, will be listed.

Believe it or not, at least one trans-fat, CLA (conjugated linolenic acid), is considered beneficial, but that is another story.

Suffice to say, it would be wise to avoid margarine until all the research is in. At that point, the composition of margarine will probably change for the better.

Source: <http://www.articlecircle.com>

About the Author

Paul Jerard, is a co-owner and the director of Yoga teacher training at Aura Wellness Center in North Providence RI. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors in the Providence area. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher.