

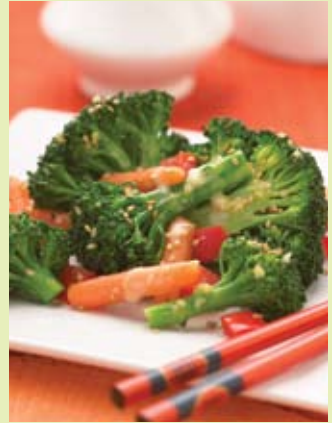
5

reasons to choose  
Becel in your heart  
healthy diet ♥



# 1 Low in saturated fat

When thinking about your heart health, it's important to watch your intake of fat, especially saturated fat. According to a report by the National Academy of Sciences, you can reduce the amount of saturated fat you eat by minimizing the amount of butter added to foods, or by replacing butter with a soft, non-hydrogenated margarine or vegetable oil like sunflower or safflower oil.\* Becel margarine is low in saturated fat.



Ginger carrots and broccoli with sesame seeds: For recipe go to [www.becel.ca](http://www.becel.ca)

## Where saturated fat is found

Much of the saturated fat in the Canadian diet comes from fatty meat, full-fat dairy products, fast foods and processed foods.

Food**	Serving size or typical amount	Amount of saturated fat per serving size or typical amount
Soft, non-hydrogenated margarine	2 tsp (10 g)	1.0 g
Blueberry muffin	1 large (140 g)	1.9 g
Whipped cream	¼ cup (15 g)	2.0 g
Bacon, pan-fried	2 slices cooked	2.0 g
Cake donut with chocolate icing	1 medium (43 g) (3" diameter)	3.5 g
Whole milk (3.3% B.F.)	1 cup (250 mL)	4.8 g
Vanilla ice cream	½ cup (125 mL)	5.0 g
Apple pie	1 slice (130 g)	5.0 g
French fries	1 small order (76 g)	5.0 g
Butter	2 tsp (10 g)	5.0 g

\* Source: The National Academy of Sciences. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids, 2002.

\*\*Source: Canadian Nutrient File, 2005.

## 2 No trans fat and non-hydrogenated

Hydrogenation is a process used to change liquid oil into a solid or partially solid fat. In doing so, trans fat is created. Trans fat is found in deep-fried foods, as well as processed foods like crackers, cookies, chips and pies, which are commonly made with partially hydrogenated oil or shortening. Small amounts of trans fat are also found naturally in milk, butter and meat.

Take a look at the Nutrition Facts label on food packages to find the exact trans fat content of a food – the lower, the better. Choosing foods that are labelled “non-hydrogenated” is another smart way to keep your trans fat intake as low as possible.

Becel is a soft, tub margarine that is non-hydrogenated. It contains no trans fat.



Cucumber and roasted tomato:  
For recipe go to [www.becel.ca](http://www.becel.ca)

## Here's to your heart health!

Health studies confirm the long-standing advice to the public to choose a soft, tub margarine over butter. A healthy diet low in saturated and trans fats may reduce the risk of heart disease. Becel margarine is low in saturated fat and contains no trans fat.



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## 3 Source of omega-3 polyunsaturated fat

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Some types of fat are important for health. Omega-3 polyunsaturated fat is a factor in the maintenance of good health. Because our bodies cannot produce omega-3 fats, we need to get this important nutrient from food. Becel is a source of omega-3 polyunsaturated fat.



Lemon blueberry coffee cake:  
For recipe go to [www.becel.ca](http://www.becel.ca)

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## 4 Health Check™

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You'll find the Heart and Stroke Foundation's Health Check™ symbol on every tub of Becel margarine. The symbol means that the product's nutrition information has been reviewed by the Heart and Stroke Foundation's dietitians and has met established nutrient criteria as a healthy choice according to *Canada's Guidelines for Healthy Eating*.

The Health Check program was developed to help consumers quickly identify products that contribute to a healthy and balanced diet. At the grocery store, you should look for foods with the Health Check™ symbol on the package. For more information, see [www.healthcheck.org](http://www.healthcheck.org).

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## 5 Heart healthy variety

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Whether you are cooking, baking or spreading, Becel has a variety of heart healthy options to meet your dietary needs and preferences. In addition to five varieties of margarine, the Becel lineup includes Oil and Topping & Cooking Spray. To learn more about the heart healthy benefits of the Becel lineup, please see the back page. Becel would also like to invite you to visit [www.becel.ca](http://www.becel.ca), where you will find a wide variety of delicious recipes that are easy to make and have been created with heart healthy ingredients and cooking methods. While you are there, subscribe to Becel's email newsletter, *Heart Healthy Living*, and a delicious, light-hearted recipe will be delivered to your inbox each month!

# It's all right here on the label

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 tsp. (10 g) / Portion 2 c. à thé (10 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 70</b>	
<b>Total Fat / Lipides 8 g</b>	<b>12 %</b>
Saturated / Saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 2.5 g	
Omega-6 / oméga-6 2 g	
Omega-3 / oméga-3 0.4 g	
Monounsaturated / monoinsaturés 3.5 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 70 mg</b>	<b>3 %</b>
<b>Total Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Dietary Fibre / Fibres alimentaires 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 0 g</b>	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %
Vitamin D / Vitamine D	30 %
Vitamin E / Vitamine E	15 %

Low in saturated fat

No trans fat

Source of omega-3  
polyunsaturated fat

Label from Becel Margarine tub

# Using Becel in your heart healthy kitchen

With so many types of Becel margarine available, it's easier than ever before to stick to your heart healthy habits in the kitchen, whether you're making a quick meal for yourself or entertaining guests.



Bean salad: For recipe go to [www.becel.ca](http://www.becel.ca)

## Tips for spreading and serving

- Becel is the perfect choice for spreading because it's always soft – even straight from the refrigerator.
- For an elegant way to serve Becel at the dinner table: Spoon into a small ramekin or attractive dish and level the surface with a knife.
- Regular Becel, Becel with Bertolli Olive Oil and Becel Salt Free are excellent choices for spreading on your favourite foods, including bread, toast and muffins.
- Becel RSF and Becel Light are also good choices for spreading – except on hot, dry foods like toast or popcorn because these margarines have a higher water content.

## Tips for cooking and baking

- Regular Becel and Becel Salt Free are good, all-purpose butter substitutes in most recipes (except pastry and shortbread cookies).
- You can use Regular Becel or Becel Salt Free instead of butter for sautéing and pan-frying.
- Try Becel Topping & Cooking Spray on air-popped popcorn for a delicious, low-fat alternative to snacks that are high in saturated fat.
- To quickly measure Becel for your favourite recipe: Score a one-pound tub into quarters. Each quarter is approximately ½ cup.
- Try one of the many delicious, heart healthy recipes found on the Becel website, [www.becel.ca](http://www.becel.ca). The dishes on the following page are just a sampling of the many appetizers, entrées, baking recipes and desserts you'll find.

# Heart healthy baking: date squares

An old fashioned square that's perfect for an afternoon treat.

**PREPARATION TIME:** 15 minutes

**COOK TIME:** 3 to 5 minutes

**BAKE TIME:** 30 minutes

**MAKES:** About 20 squares

<b>375 g pkg</b>	<b>pitted dates, about</b>
<b>1½ cups (375 mL)</b>	<b>2½ cups (625 mL)</b>
<b>1 tbsp (15 mL)</b>	<b>water</b>
<b>1 tsp (5 mL)</b>	<b>lemon juice</b>
<b>1¼ cups (300 mL)</b>	<b>vanilla</b>
<b>¾ cup (150 mL)</b>	<b>each whole wheat flour</b>
<b>½ tsp (2 mL)</b>	<b>and large flake oats</b>
<b>½ cup (125 mL)</b>	<b>brown sugar</b>
<b>2 tbsp (30 mL)</b>	<b>baking soda</b>
	<b>Becel margarine</b>
	<b>water</b>

**1.** Chop dates, then place in a medium saucepan with water. Simmer, uncovered, stirring until mixture is thick and just a few pieces of dates are visible, 3 to 5 minutes. Stir in lemon juice and vanilla. Cool.

**2.** Preheat oven to 350°F (180°C) and lightly spray a 9-inch (23 cm) square baking dish with non-stick cooking spray. Meanwhile, in a medium bowl, stir flour



**NUTRIENTS PER SERVING:** 168 calories, 2.3 g protein, 5.2 g fat, 2 g polyunsaturates, 2 g monounsaturates, 0.8 g saturates, 0 mg cholesterol, 30.4 g carbohydrate, 3.1 g fibre, 96 mg sodium, 202 mg potassium, 57 R.E. Vitamin A, 0 mg Vitamin C, 0.8 mcg Vitamin D, 1.11 mg Vitamin E, 19 mg calcium, 0.9 mg iron.

with oats, sugar and baking soda until mixed. Using your fingers, mix in Becel and water until crumbly.

**3.** Press half the mixture on base of pan. Gently spread cooled date mixture over top. Crumble remaining oatmeal mixture over top, pressing gently. Bake until crumble is golden brown, 30 to 35 minutes. Cool completely before cutting.



Apple ginger cake, Chocolate pudding, Lemon lime pudding cake: For recipes go to [www.becel.ca](http://www.becel.ca)

# The Becel family: which one is right for you?

Each type of Becel is non-hydrogenated, contains no trans fat and is low in saturated fat.

- 1** **Regular Becel Margarine** is an all-purpose margarine, perfect for spreading, baking and cooking.
- 2** **Becel Light** has 50% fewer calories and 50% less fat than regular margarine or butter.
- 3** **Becel Salt Free** can be used by people on sodium-restricted diets as a spread, and in cooking and baking.
- 4** **Becel RSF** has 67% less fat and 65% fewer calories than regular margarine or butter.
- 5** **Becel Margarine with Olive Oil** has the added goodness of Bertolli Olive Oil.
- 6** **Becel Oil** is cholesterol-free and is made from vegetable oils.
- 7** **Becel Topping & Cooking Spray** adds flavour to foods without adding extra fat or calories.

	BECEL MARGARINES					Becel Oil	Becel Topping & Cooking Spray
	Regular	Light	Salt Free	RSF	With Olive Oil		
Non-hydrogenated	✓	✓	✓	✓	✓	✓	✓
No trans fat	✓	✓	✓	✓	✓	✓	✓
Low in saturated fat	✓	✓	✓	✓	✓	✓	✓
Can use for cooking	✓	✓	✓	✓	✓	✓	✓
Can use for baking	✓	✓	✓	✗*	✓	✓	✗
Can use for frying	✓	✗	✓	✗	✓	✓	✓
Is lactose-free	✗	✗	✗	✓	✗	✓	✗
Is kosher	✓	✗	✓	✗	✓	✓	✓

\*Baking, frying and freezing are not recommended because of the high moisture content of Becel RSF.