

# Oils and spreads

One to two portions a day for men and women

## One portion is

### Mayonnaise/salad cream

One teaspoon



### Low-fat mayonnaise or low-fat salad cream

Two teaspoons



### Oil

One teaspoon



### Butter

One teaspoon



### Ghee

One teaspoon



### Crème fraîche

Two teaspoons

### Low-fat crème fraîche

Six teaspoons or two tablespoons



### Low-fat spread

Two teaspoons



Oils and fats you use for cooking, baking or spreading are often high in saturated fat and calories, so you should only eat a small amount.

Try to choose unsaturated fats like olive oil or rapeseed oil, and eat less saturated fats like butter or ghee.

One tablespoon of oil is enough to use between four people.