Fat Fight: What Difference Is There Between Choosing Butter or Olive Oil on Your Bread?

People who choose olive oil with their bread instead of butter consume 23% less bread and have a lower energy intake overall. Learn what you can do to choose wisely when provided bread at a restaurant.

Would you like oil or butter with your bread?

• **Study**: Diners were given 66g of olive oil and 66g of butter next to their plate

• **Measurement**: Oil or butter was measured after the meal to determine how much was consumed

• **Question**: *Who consumed more fat? Those with oil or those with butter?*

Diners eating olive oil ate 26% more grams of fat on each piece of bread. However, they ate 23% less bread than diners eating butter.

What Does It Mean?
Olive oil eaters had a lower level of total energy intake.

Win the Fat Fight

• Choose olive oil when looking to consume fewer calories during a meal

• Be careful: butter eaters underestimated their consumption by 0.6 slices of bread!

Consider asking the waiter to remove the bread before your meal

Out of sight, out of mind

Check out this video to learn more about the out of sight, out of mind trick (click on picture)

Want to Know More About the Fat Fight?

Why the French don’t get fat:

1. I STOPPED EATING BECAUSE THE FOOD SHE NO LONGER LOOKS GOOD.

2. I STOPPED EATING BECAUSE DA PLATE IS EMPTY AND DA TV SHOW IS OVER.

Parisians are 1.5 times more likely to stop eating because of internal cues (like feeling full) than Chicagoans.

How to Fight the Restaurant Diet Trap:

http://www.tdn-digital.com/march08exclusivediettrap.shtml

To learn more about these tips and others that can help you live a healthy life visit:

www.mindlesseating.com
http://foodpsychology.cornell.edu/


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