

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.