



Unilever Soft Spreads

Nutritional Values per Serving (Tablespoon)



Product	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	MUFA (g)	PUFA (g)	Sodium (mg)	Omega-3 ALA (mg)	Omega-6 LA (mg)	Vitamin A (%DV)	% DV and Other Nutrients	Source of Vegetable Oil
Promise®													
Promise® Buttery Spread*	80	8	1.5	0	0	2.5	4.0	85	550	3200	10	20% Vitamin D, 10% Vitamin E, 35% Vitamin B6, 20% Vitamin B12, 34% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
Promise® Light*	45	5	1.0	0	0	1.5	2.5	85	300	1900	10	20% Vitamin D, 10% Vitamin E, 35% Vitamin B6, 20% Vitamin B12, 18% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
Promise® Fat Free	5	0	0	0	0	0	0	85	0	0	10	15% Vitamin E, 35% Vitamin B6, 20% Vitamin B12	Soybean
Promise® activ®													
Promise® activ® Light Spread*	45	5	0.5	0	< 5	2.5	1.5	85	285	620	10	1g Plant Sterols, 20% Vitamin D, 10% Vitamin E, 35% Vitamin B6, 20% Vitamin B12, 17% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
Shedd's Spread Country Crock®													
Country Crock® Regular*	70	7	2	0	0	1.5	4.0	100	400	3000	10	Vitamin D 15%, 25% Omega-3 ALA	Soybean, Palm, Palm Kernel
Country Crock® Light*	50	5	1.5	0	0	1.5	2.5	90	280	2200	10	Vitamin D 15%, 17% Omega-3 ALA	Soybean, Palm, Palm Kernel
Country Crock® Calcium Plus Vitamin D*	50	5	1.5	0	0	1.0	2.5	95	280	2200	10	10% Calcium, 20% Vitamin D, 10% Vitamin E, 17% Omega-3 ALA	Soybean, Palm, Palm Kernel
Country Crock® Churn Style*	60	7	2	0	0	1.5	3.5	85	400	3000	10	Vitamin D 15%, 25% Omega-3 ALA	Soybean, Palm, Palm Kernel
Country Crock® Whipped Easy Squeeze	60	7	1.0	0	0	1.5	4.0	80	500	3900	8	31% Omega-3 ALA	Soybean, Hydrogenated Cottonseed Oil

MUFA = Monounsaturated fat | PUFA = Polyunsaturated fat | ALA = Alpha linolenic acid | LA = Linoleic acid | DV = Daily Value

*Contains no hydrogenated oils

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I Can't Believe It's Not Butter!® (ICBINB!)													
ICBINB!® Original*	70	8	2.0	0	0	2.0	4.0	90	460	3300	10	28% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
ICBINB!® Light*	50	5	1.5	0	0	1.0	2.5	85	260	2000	10	16% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
ICBINB!® Fat Free	5	0	0	0	0	0	0	90	0	0	10		Soybean
ICBINB!® Mediterranean Blend*	70	8	2.0	0	0	2.0	4.0	90	400	3000	10	25% Omega-3 ALA	Soybean, Olive, Palm, Palm Kernel
ICBINB!® Mediterranean Blend Light*	50	5	1.5	0	0	1.5	2.5	85	230	1750	10	14% Omega-3 ALA	Soybean, Olive, Palm, Palm Kernel
ICBINB!® Spray**	0	0	0	0	0	0	0	0	0	0	0		Soybean
ICBINB!® Calcium + Vitamin D*	50	5	1.5	0	0	1.0	2.5	90	300	2000	10	10% Calcium, 20% Vitamin D, 10% Vitamin E, 18% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
ICBINB!® Squeeze	60	7	1.0	0	0	1.5	4.0	80	550	3500	10	34% Omega-3 ALA	Soybean, Hydrogenated Cottonseed Oil
Brummel & Brown®													
Brummel & Brown® Original*	45	5	1.5	0	0	1.0	2.5	90	290	1900	10	18% Omega-3 ALA	Soybean, Canola, Palm, Palm Kernel
Brummel & Brown® Simply Strawberry*	50	4	1.0	0	0	1.0	2.0	45	280	1800	8	17% Omega-3 ALA	Soybean, Palm, Palm Kernel

MUFA = Monounsaturated fat | PUFA = Polyunsaturated fat | ALA = Alpha linolenic acid | LA = Linoleic acid | DV = Daily Value

*Contains no hydrogenated oils

**Contains 0g fat (0g sat. fat, 0g trans fat) & 0 calories per serving. 1 serving = 1 spray for topping and 5 sprays for cooking.