

How to choose... NUT SPREADS

Ever been confused looking at all the nutty spreads on the supermarket shelf? Nutritionist Rose Carr has some label-reading tips and some examples to help you choose for your family.

Per 100g Sorted by lowest sugars then lowest saturated fat

	Size g	Energy kJ per 20g (1 tablespoon)	Energy kJ	Protein g	Total fat g	- saturated	- sugars g	Sodium mg	Fibre g	Ingredients	Taste Comments
 <p>Ceres Natural Almond Butter - Smooth</p>	200	509	2544	21	55	3.7	4.5	199	n/s	Almonds, sea salt (less than 0.5%)	A mild almond flavour and a liquid consistency. A nice alternative to peanut butter.
 <p>Kaia Organic Smooth Peanut Butter</p>	400	476	2380	25	47	5.4	5.1	194	n/s	Organic peanuts, organic sea salt	This has a strong peanut, natural flavour and a liquid consistency. Would be great to cook with.
 <p>Ceres Natural Cashew Butter - Smooth</p>	300	491	2455	18	49	7.8	5.7	205	n/s	Cashews, sea salt (less than 0.5%)	A delicious flavour and a lovely smooth texture. If you like cashews, you'll like this.
 <p>Sanitarium Smooth Peanut Butter - no added salt or sugar</p>	375	528	2640	29	52	8.5	6.0	6	7.0	Peanuts (98%), vegetable oil	A smooth texture and a mild flavour. Not overly nutty.
 <p>Eta Awesomely Crunchy Peanut Butter</p>	375	522	2610	26	50	8.2	6.8	320	n/s	Peanuts (95%), vegetable oils, salt	Not as crunchy as the name suggests, and a dryer texture than some others.
 <p>Kraft Super Crunchy Peanut Butter</p>	375	525	2623	23	52	11.1	8.0	637	n/s	Peanuts (85% minimum) vegetable oils, sugar, salt	A nice traditional flavour. Some tasters found this too sweet; others said it was "real peanut butter".
 <p>Kraft Light* Crunchy Peanut Butter (*25% less fat than regular Kraft Peanut Butter)</p>	375	473	2365	17	38	7.5	13.3	694	n/s	Peanuts (63%), maltodextrin, sugar, vegetable oil, salt, emulsifier	A creamy texture and a sweeter flavour than some others.
 <p>Nutella Hazelnut Spread</p>	220	442	2210	8	31	6.3	55.2	48	3.7	Sugar, peanut oil, hazelnuts (13%), skim milk powder, low fat cocoa, hydrogenated peanut oil, emulsifier, vanillin flavour, milk solids: 9%, cocoa solids: 7.6%	A decadent chocolatey flavour. Too yummy to be good for you!

(These examples were chosen to illustrate the different types of products out there and are not meant for direct comparison).