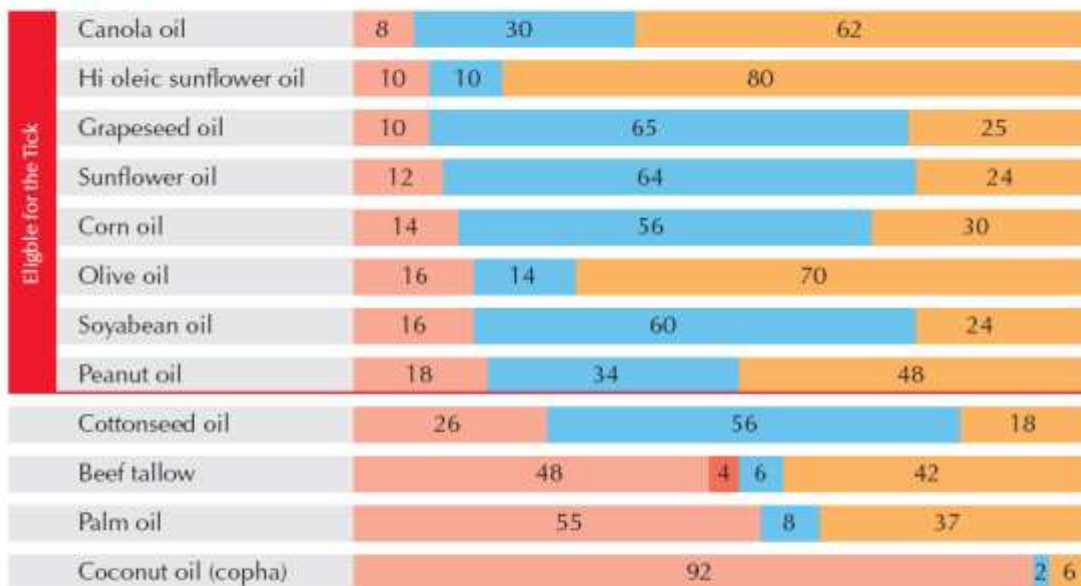


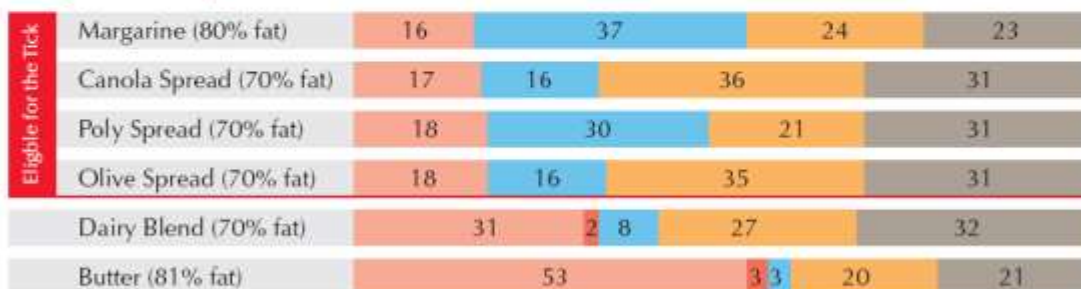
Comparison of oils and spreads (Nutrients per 100g)



Fats & Oils



Margarines & Spreads



*Includes water, non-triglyceride lipids, carbohydrate, protein, vitamins and minerals. Content may vary slightly due to natural variability of components. Lower fat variants of Tick margarines do exist.

Adapted with permission from Goodman Fielder, May 2007.