



Margarine Spreads

Per serve as sold and Per 100g as sold

Nutrition Information
for Unilever Food &
Beverage Products



Margarine Spreads Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat							Cholesterol	Plant Sterols	Carbohydrate		Sodium	Potassium	Vitamin D	Vitamin E
				Total	Saturated	Trans	Polyunsaturated	Omega-6	Omega-3	Monounsaturated			Total	Sugars				
		kJ / Cal	g	g	g (max)	g (max)	g (min)	g (min)	g (min)	g (min)	mg	g	g	g	mg	mg	ug	mg
Bertolli Spreads																		
Classico#	10g	242 / 58	<1	6.5	1.8	0.06	0.7	-	-	3.6	<3	-	<1	<1	36	3.2	1.0	-
Extra Virgin#	10g	242 / 58	<1	6.5	1.8	0.06	0.7	-	-	3.6	<3	-	<1	<1	36	3.2	1.0	-
Light#	10g	204 / 49	<1	5.5	1.5	0.05	0.6	-	-	3.0	<3	-	<1	<1	36	3	1.0	-
Flora Spreads																		
Buttery	10g	261 / 63	<1	7	1.7	0.06	3	2.8	-	1.8	<3	-	<1	<1	36.4	3.4	1.0	1.6
Canola	10g	242 / 58	<1	6.5	1.6	0.06	1.3	-	0.3	2.9	<3	-	<1	<1	36	3.2	1.0	-
Light	10g	177 / 42	<1	4.7	1.2	0.04	2	1.9	-	1.2	<3	-	<1	<1	36	3.7	1.0	1.1
Original	10g	242 / 58	<1	6.5	1.7	0.06	2.7	2.6	-	1.6	<3	-	<1	<1	59	3.2	1.0	1.4
Salt Reduced	10g	242 / 58	<1	6.5	1.7	0.06	2.7	2.6	-	1.6	<3	-	<1	<1	36	3.2	1.0	1.4
Ultra Light	10g	96 / 23	0.35	2.4	0.6	0.02	1	0.9	-	0.6	<3	-	0.15	<1	36	4.5	1.0	
Flora pro-active Spreads																		
Regular	10g	238 / 57	<1	6.4	1.5	0.06	2.6	-	-	1.9	-	0.8	<1	<1	36	2.8	1.0*	1.3*
Light	10g	150 / 36	<1	4.0	0.93	0.04	1.6	-	-	1.2	-	0.8	<1	<1	36	3.7	1.0*	1.1*
Olive	10g	180 / 43	<1	4.8	1.1	0.04	1.6	-	-	1.8	-	0.8	<1	<1	36	3.7	1.0*	-
Ultra Light	10g	90 / 22	<1	2.3	0.57	0.02	1	-	-	0.7	-	0.8	0.12	<1	36	4.5	1.0*	-
Olivio Bertolli Spreads																		
Spread^	10g	242 / 58	<1	6.5	1.8	0.06	0.7	-	-	3.6	<3	-	<1	<1	36	3.2	1.0	-
Extra Virgin^	10g	242 / 58	<1	6.5	1.8	0.06	0.7	-	-	3.6	<3	-	<1	<1	36	3.2	1.0	-
Light^	10g	204 / 49	<1	5.5	1.5	0.05	0.6	-	-	3.0	<3	-	<1	<1	36	3	1.0	-

Available in Australia only

^ Available in NZ only

* Indicative level only, information not on pack

Information correct at time of publication: December 2010



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Product Name	Serving Size	Energy	Protein	Fat							Cholesterol	Plant Sterols	Carbohydrate		Sodium	Potassium	Vitamin D	Vitamin E
				Total	Saturated	Trans	Polyunsaturated	Omega-6	Omega-3	Monounsaturated			Total	Sugars				
		kJ / Cal	g	g	g (max)	g (max)	g (min)	g (min)	g (min)	g (min)	mg	g	g	g	mg	mg	ug	mg
Bertolli Spreads																		
Classico#	10g	2420 / 580	<1	65	17.6	0.59	6.5	-	-	36	<3	-	<1	<1	360	32	10	-
Extra Virgin#	10g	2420 / 580	<1	65	17.6	0.59	6.5	-	-	36	<3	-	<1	<1	360	32	10	-
Light#	10g	2040 / 489	<1	55	15	0.5	6	-	-	30	<3	-	<1	<1	360	30	10	-
Flora Spreads																		
Buttery	10g	2610 / 626	<1	70	17	0.63	30	28	-	18	<3	-	<1	<1	364	34	10	16
Canola	10g	2420 / 580	<1	65	16.3	0.59	13	-	3	29	<3	-	<1	<1	360	32	10	-
Light	10g	1770 / 424	1	47	12	0.43	20	19	-	12	<3	-	<1	<1	360	37	10	11
Original	10g	2420 / 580	<1	65	17	0.59	27	26	-	16	<3	-	<1	<1	590	32	10	14
Salt Reduced	10g	2420 / 580	<1	65	17	0.59	27	26	-	16	<3	-	<1	<1	360	32	10	14
Ultra Light	10g	960 / 230	3.5	23.6	6	0.2	9	9.5	-	6	<3	-	1.5	<1	360	45	10	-
Flora pro-active Spreads																		
Regular	10g	2380 / 570	<1	64	15	0.6	26	-	-	19	-	8.0	<1	<1	360	28	10*	13*
Light	10g	1500 / 360	1	41	9.3	0.36	16	-	-	12	-	8.0	<1	<1	360	37	10*	11*
Olive	10g	1800 / 431	<1	48	11	0.4	16	-	-	18	-	8.0	<1	<1	360	37	10*	-
Ultra Light	10g	900 / 216	2.4	22.7	5.7	0.2	9.7	-	-	7	-	8.0	1.2	<1	360	45	10*	-
Olivio Bertolli Spreads																		
Spread^	10g	2420 / 580	<1	65	17.6	0.59	6.5	-	-	36	<3	-	<1	<1	360	32	10	-
Extra Virgin^	10g	2420 / 580	<1	65	17.6	0.59	6.5	-	-	36	<3	-	<1	<1	360	32	10	-
Light^	10g	2040 / 489	<1	55	15	0.5	6	-	-	30	<3	-	<1	<1	360	30	10	-

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