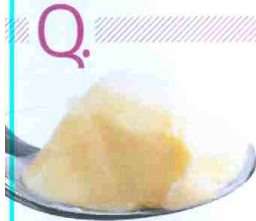


Prevention

Is white butter less harmful than packaged butter?

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Q.

Is white butter less harmful than packaged butter? What should I opt for?

A: We all know that butter is very high in fat content. So it won't be good to indulge in it at all. "But white butter is a less harmful option than the packaged version. The latter gives you both high saturated fat and salt (not good for your heart at all) while white butter is only fat," says Ritika Samaddar, chief dietician, Max Hospital, New Delhi. However, a little indulgence is okay if you don't have any health condition and lead an otherwise active lifestyle. "But it should never be more than a teaspoon a day. Make sure that you don't over-indulge," she cautions.

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