

Why you shouldn't be avoiding butter after all. *(you're welcome)*



Poor butter.

This highly nutritious food has been demonized, wrongly accused, and impersonated for far too long.

It's hard to believe that, not so long ago, butter was the most popular cooking fat. But after decades of bad press, we've all but banished it from our kitchens.

Most people have been convinced that butter is bad for them — or at least “less good” than its liquid alter ego: margarine.

Here are a few reasons you can finally drop the Country Crock and stop feeling bad about spreading *the good stuff*.



Butter is much better for you than margarine or other artificial oil spreads.

The food industry has a way of making unhealthy things seem good for you, and vice-versa. Shocker, I know.

Margarine is made from vegetable oils and contains trans fats, colorants, and preservatives that aren't the best for your body.

On the other hand, real butter is good for you!

Butter contains vitamins and minerals as well as important fatty acids called **conjugated linoleic acid** (CLA). While there's not enough evidence yet to suggest CLA can help prevent cancer or heart disease, it does appear to have anti-inflammatory properties that can benefit your health.

More ways that butter improves overall health:

- vitamin K2 strengthens tooth enamel + defends against erosion
- vitamin A (retinol) supports growth, immunity, and reproduction
- butyrate maintains the digestive lining
- vitamin D helps with calcium absorption which increases bone mineral density
- vitamin E reduces UV damage to the skin and speeds up skin cell regeneration

Your body thrives when it's given the necessary building blocks found in real food.

Debunking the saturated fat myths.

I know what you're thinking: "But I still feel like butter is bad for me."

Understood.

If your diet has been based on the idea that saturated fats are *bad*, then this makes sense.

But in reality, studies have shown that eating saturated fat can actually *reduce* the risk of heart disease and stroke.

This isn't just an isolated study — a report from Harvard University says that including full-fat dairy in your diet often boosts vitamin D levels and other nutrients important for your health.

Saturated fat has also been linked with decreased risk of type 2 diabetes, cancer, and Alzheimer's disease.

Cholesterol isn't the devil, either.

The cholesterol we consume is not (I repeat, NOT) the same as the cholesterol our bodies produce.

Cholesterol is a fatty compound **critical for the hormone-building process**, supporting cell membranes, and synthesizing vitamin D from the sun.

It's not something to be afraid of.

Raw & Grass-fed is king.

If you're ready to level up your butter game, then it's time to hop on the raw, grass-fed train. I know it sounds a little squirrely-- RAW. Isn't that dangerous? Not so much. Raw just means this butter hasn't been heated or processed in any way, but it is 100% safe (and optimal) for you to consume.

But make sure it's grass-fed!



Grass-fed butter has a significantly higher omega-3 to omega-6 ratio than grain-fed butter and is also higher in vitamins A, E, and K.

Butter from grass-fed cows is also higher in beta-carotene, which can help lower your blood cholesterol. So if you're trying to keep your heart healthy or improve your overall diet, it may be worth the extra dollar to buy butter made with milk from pastured cows. (I think it tastes better too)

So, where do I find *good* butter?

The best way to buy butter is to seek out and support your local dairy farmer. There are a handful of ways to go about doing this.



You can head to your local farmer's market. Though it's not as convenient as running to the grocery store, it's a great way to connect with your food on a deeper level and build relationships with the farmers who produce it.

Use the Raw Milk Finder on www.realmilk.com. This is an excellent resource if you're not sure where to start with your butter hunt. It'll show you where you can find raw dairy farms in your state, what types of products they sell, and how you can get your hands on them.

Reach out to your local Weston A. Price Foundation chapter. The Weston A. Price Foundation (WAPF) is a no-nonsense source for inclusive, evidence-based nutrition information and food resources. Your local chapter leader will be able to connect you with farmers in your area.

When in doubt, *make your own butter*. That's how the saying goes, right? If you're struggling to find quality raw, grass-fed butter in your area, make your own! You only need two ingredients: cream + sea salt. Boom. Here is a link to an easy-to-follow [recipe](#).

Some other brands to check out on your next grocery store butter run:

- Kerrygold Grass-Fed



- Vital Farms Pasture-Raised Butter



- Organic Valley Pasture Butter



At the end of the day- we're better off *with* butter.



The truth is out.

Butter is as nutritious as it is tasty. Its flavor and richness are unmatched while also providing vitamins and minerals that your body needs.

The other guys just can't compete.

It's time to grant *real* butter its rightful place back in our kitchens and **all over our toast!**

Enjoy!