

gather.

nutrition fact sheet



Strawberry Jam versus Nutella

Below is displayed the nutritional comparison between 1 heaped teaspoon (15g) of strawberry jam and Nutella.

	Strawberry Jam	Nutella
Energy	40 calories	78 calories
Total Fat	0g	4.5g
Saturated Fat	0g	1.5g
Carbohydrates	9.7g	8.2g
Sugar	9.6g	8.2g

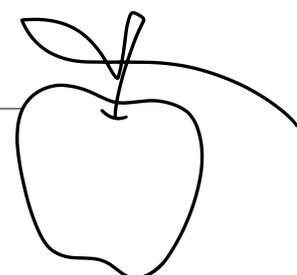
Comparison of ingredients

The three main ingredients of strawberry jam are -

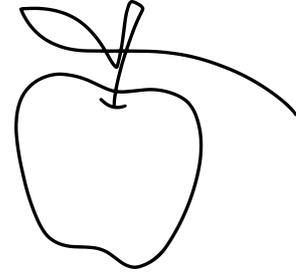
1. Sugar
2. Strawberry (45%)
3. Fruit pectin

The three main ingredients of Nutella are -

1. Sugar
2. Palm oil
3. Hazelnuts



➤ Strawberry jam versus Nutella



Summary

- After assessing the nutritional values and ingredients of both strawberry jam and Nutella, it can be concluded that both spreads have little to no nutritional value and are therefore not classed as a healthy choice.
- Although Nutella contains hazelnuts, the majority of its ingredients are sugar and fat, with the main fat used being palm oil. Palm oil is a saturated fat which has been shown to increase cholesterol and the risk of heart disease.
- In maintaining a healthy diet, it is recommended that Nutella is consumed in moderation and for occasional consumption only.
- In comparison strawberry jam has lower calories than Nutella and despite having 45% fruit in it, most varieties of strawberry jam contain higher percentages of added sugar.
- When shopping for jams, look for jams that are made in its own natural juice that has no added sugar. Alternatively, to increase nutritional intake opt for a fresh piece of fruit on toast (eg banana on toast) instead of sugar loaded fruit jam.
- If using a spread aim to choose one with protein and healthier fats, this will help you feel fuller for longer and provide you with sustained energy levels.

Healthy spread examples include:

- No added sugar peanut butter
- Almond butter
- Avocado
- Hummus
- Low fat cream cheese
- Ricotta cheese
- Tzatziki

