EatKit

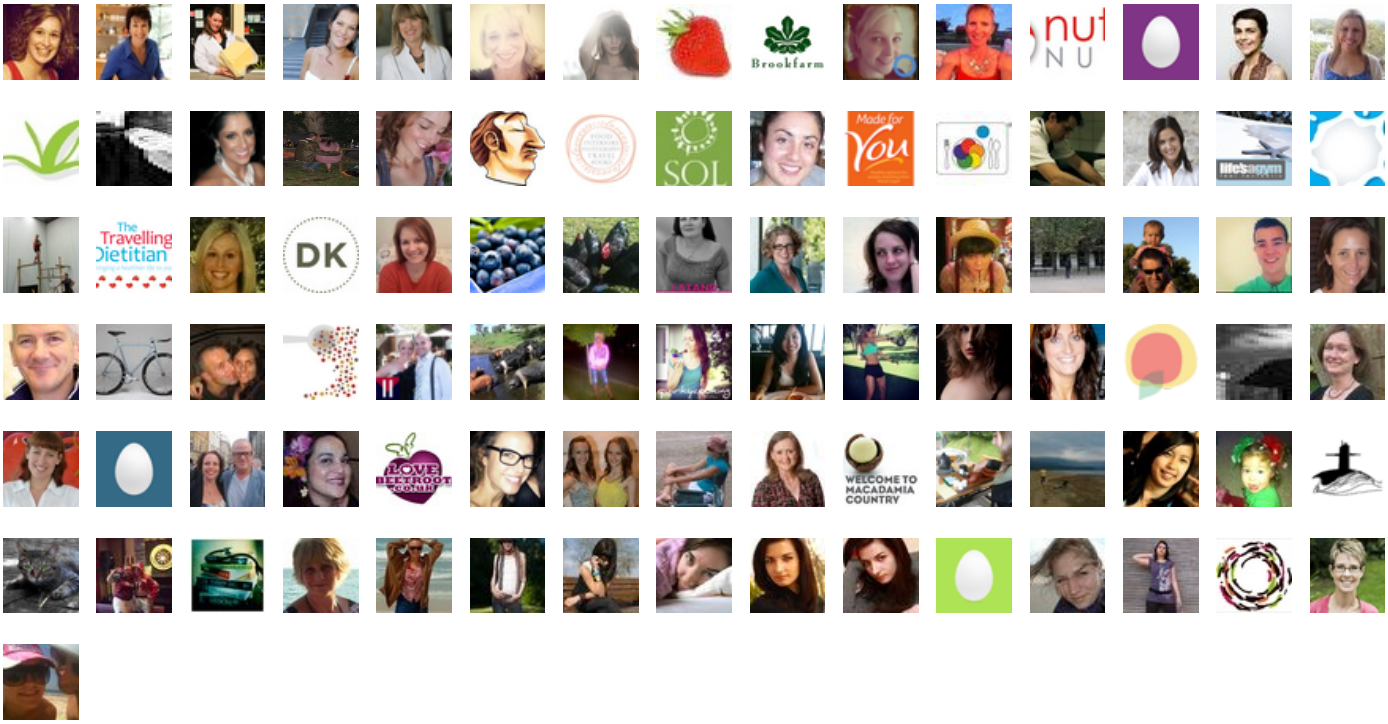
Butter vs margarine

Summary of tweets from EatKit online chat 21 zmarch 2012

Trending Words

#eatkit, rt, butter, &, -, oil, @emmastirling, @foodwatch, @thefoodblog, fat, use, marg, eat, need, great

Event Participants



A2: Absolutely! Room for - almost - everything in a healthy, balanced diet. As always, moderation is the key. #EatKit

21-Mar-12 10:18 | TiffWill_tweets

RT @EmmaStirling: If youre just joining in were up to Q2 out of five on butter vs marg. Please use A2 when responding #Eatkit

21-Mar-12 10:18 | Foodwatch

#eatkit there is a big difference in sweet cream butter and cultured butter- probiotics, loctose/lactic acid conversion, digestive aid

21-Mar-12 10:18 | thebutterfactor

RT @EmmaStirling: A2: If background diet high in plant foods, active people can have a little butter on their bread #Eatkit

21-Mar-12 10:18 | Foodwatch

A2. Make sure butter is soft so you don't get big lumps when spreading. #eatkit

21-Mar-12 10:18 | TeriLichten

A2: But what about the Aussie Norm? #eatkit

21-Mar-12 10:19 | EmmaStirling

RT @Foodwatch: RT @EmmaStirling: A2: If background diet high in plant foods, active people can have a little butter on their bread #Eatkit

21-Mar-12 10:19 | TheHouseOfAM

A1. Butter - the schmancy stuff, no cheap n cheerful, Im pretty conscious of quality over quantity. Ie. Organic. #eatkit

21-Mar-12 10:19 | KayeWaterhouse

I like this measurement for too much butter! RT @MelissaCarmody: A2 Moderation, if you can see your teeth marks it’s too thick! #Eatkit

21-Mar-12 10:19 | whatsforeats

Hi Peta from Brookfarm. Moderation is key. Macadamia oil great substitute for butter when baking. #eatkit

21-Mar-12 10:19 | _Brookfarm_

RT @MelissaCarmody: A2 Moderation, if you can see your teeth marks it’s too thick! #EatKit

21-Mar-12 10:19 | TiffWill_tweets

RT @MelissaCarmody: A2 Moderation, if you can see your teeth marks it’s too thick! « too true #eatkit

21-Mar-12 10:19 | kait_tweets

A2 Healthy means more than just low cal or low fat. Having permission to eat something bc u like it is healthy too #eatkit

21-Mar-12 10:19 | keepcatebusy

RT @MelissaCarmody: A2 Moderation, if you can see your teeth marks it’s too thick!
#eatkit

21-Mar-12 10:19 | NuttedOut

@thefoodblog i agree, what's with the big fear of fats? #EatKit

21-Mar-12 10:19 | LicoriceLilly

@MelissaCarmody #eatkit thats how my granny eats it - she'll be 80 this year. She never eats marg

21-Mar-12 10:19 | shellsparkles

A balanced diet should be based on unprocessed foods as much as possible. Natural is best. #eatkit

21-Mar-12 10:19 | TiffanieElizabe

RT @thefoodblog: I have no memories of making margarine. I eat @pepesaya butter #eatkit

21-Mar-12 10:19 | pepesaya

@TeriLichten Why not leave a nob out of the fridge the way our grandparents used to? Not too hard. #Eatkit

21-Mar-12 10:20 | Foodwatch

@EmmaStirling A2 agree, a little bit on veg/wholegrain makes a nice treat #eatkit

21-Mar-12 10:20 | eatreadlover

@danikacarty I'm totally buying some Paris Creek butter next time I work. V popular with customers! #EatKit

21-Mar-12 10:20 | TiffWill_tweets

@thefoodblog how high is your diet in sat fats? How much daily butter? #eatkit

21-Mar-12 10:20 | EmmaStirling

or no definition. what exactly IS moderation? RT @thefoodblog: I disagree regarding the term moderation - theres no such thing #eatkit

21-Mar-12 10:20 | TiffanieElizabe

A2: @thefoodblog that's true in a way. The word moderation means to some people..eat when i want it #eatkit

21-Mar-12 10:20 | SolNutrition

@shellsparkles well she must be doing something right!
#eatkit

21-Mar-12 10:20 | MelissaCarmody

Butter is still "processed" though, it's churned, often salted... #eatkit

21-Mar-12 10:20 | kait_tweets

@pepesaya welcome to THE cultured butter making expert! #eatkit

21-Mar-12 10:21 | EmmaStirling

@LicoriceLilly Hadn't thought of F of Fs. good point in our food culture. #Eatkit

21-Mar-12 10:21 | Foodwatch

RT @JemmaOHanlon A2. Try to use plant spreads, nut spreads & avo to get your good fats on a daily basis #eatkit

21-Mar-12 10:21 | MadeForYouFoods

@EmmaStirling honestly, I can go up to 1 to 1.5 cups of butter a day - don't freak out. I feel great and have lost 25 kilos #eatkit

21-Mar-12 10:21 | thefoodblog

@kait_tweets milk and salt. not very processed to me, compared to marg. #eatkit

21-Mar-12 10:22 | TiffanieElizabe

@EmmaStirling plus I eat pure animal fat, full fat steak, and around 4 to 6 eggs a day #eatkit

21-Mar-12 10:22 | thefoodblog

@thefoodblog do you run from village to village? #eatkit

21-Mar-12 10:22 | EmmaStirling

@thefoodblog with you there! #EatKit

21-Mar-12 10:22 | LicoriceLilly

#eatkit A2: its all about moderation- just keep the butter to a very special occasion :)

21-Mar-12 10:22 | NuttedOut

@thefoodblog don't believe in moderation. Can't say I completely disagree. Would love to hear your thoughts sometime #eatkit

21-Mar-12 10:22 | MadeForYouFoods

Does unsalted butter make much difference? RT @kait_tweets: Butter is still "processed" though, it's churned, often salted... #eatkit

21-Mar-12 10:22 | TeriLichten

And sublime it is RT @pepesaya: RT @thefoodblog: I have no memories of making margarine. I eat @pepesaya butter #Eatkit

21-Mar-12 10:22 | Foodwatch

@EmmaStirling hahaha. no. I do resistance training for 20 minutes twice a week. I only started doing that after weight loss
#eatkit

21-Mar-12 10:23 | thefoodblog

I usually purchase marg, however nothing beats fresh butter on bread, especially when I dine at a nice French restaurant #eatkit

21-Mar-12 10:23 | _Kathleen_A

Wow everyone is doing great...super fast tweets....must move on soon, remember the A1, A2 and so on... #eatkit

21-Mar-12 10:23 | EmmaStirling

@NuttedOut what would you say is the definition of moderation? #eatkit

21-Mar-12 10:23 | TiffanieElizabe

@EmmaStirling My butter eating is proportionate to bread eating (i HAVE to have the 2 together) Bout a tbsp a day? More for baking #eatkit

21-Mar-12 10:23 | KayeWaterhouse

Hehe! Need my daily extra virgin! RT @TiffWill_tweets Spoken like a true Mediterranean lady ;) #eatkit

21-Mar-12 10:23 | danikacarty

@TiffanieElizabe still, people say it's "not processed" - it is. Less than marg, but not totally innocent #eatkit

21-Mar-12 10:23 | kait_tweets

@kait_tweets if i can make it myself I'm generally pretty happy. Each to their own though. #eatkit

21-Mar-12 10:24 | TiffanieElizabe

Totally agree RT @_Kathleen_A: I purchase marg, however nothing beats butter on bread, especially when I dine at a French restaurant #eatkit

21-Mar-12 10:25 | TeriLichten

@thefoodblog had your blood lipids checked out of curiosity? #eatkit

21-Mar-12 10:25 | EmmaStirling

Q3. Personally no. Although they taste a damn sight better than marg. Can't believe I used to eat that terrible stuff. #eatkit

21-Mar-12 10:25 | TiffanieElizabe

RT @thefoodblog: I have no memories of making margarine. I eat @pepesaya butter #eatkit

21-Mar-12 10:26 | CHDairies

RT @thefoodblog: hi. I'm just a guy who trust cows more than I trust chemists. #eatkit

21-Mar-12 10:26 | arcarroll72

@_Kathleen_A Totally agree. Working in a French provincial kitchen introduced me to true organic butter. Absolutely love it #eatkit

21-Mar-12 10:26 | danikacarty

A3: Really dislike light spreads. So watery and make your toast soggy. Waste of time I think. Just eat less of the full fat. #Eatkit

21-Mar-12 10:26 | TravellingDiet

RT @EmmaStirling: @thefoodblog had your blood lipids checked out of curiosity? « wondered that too! #eatkit

21-Mar-12 10:26 | kait_tweets

A3. Why bother at all? #Eatkit

21-Mar-12 10:26 | EmilyHoulahan

low-fat options are often the poorer choice for most things imo #EatKit

21-Mar-12 10:26 | LicoriceLilly

RT @TravellingDiet: A3: Really dislike light spreads. So watery and make your toast soggy. Waste of time I think. Just eat less of the full fat. #Eatkit

21-Mar-12 10:26 | TheHouseOfAM

Q3. don't we just tend to put a bit more on? Knowing butter is higher in energy, I think we limit our portion. Consciously? #eatkit

21-Mar-12 10:26 | MadeForYouFoods

A2 A lot of butter on bread talk... I can't go past it on veg. Butter sauteed mushrooms, or a knob on wilted spinach. #eatkit

21-Mar-12 10:26 | TheDairyKitchen

Thanks to co-moderator @foodwatch for helping with replies. If I miss your personal comment will reply later. #eatkit

21-Mar-12 10:26 | EmmaStirling

@keepcatebusy Theres the Omega-6 argument in marg.... #eatkit

21-Mar-12 10:27 | KayeWaterhouse

@EmmaStirling don't check blood lipids. They don't correlate 2 dietary fat, & cholesterol is an indicator of inflammation, not cause #eatkit

21-Mar-12 10:27 | thefoodblog

totally agree RT @TravellingDiet: A3: Really dislike light spreads. Waste of time I think. Just eat less of the full fat. #eatkit

21-Mar-12 10:27 | tastebuddie

agree RT @LicoriceLilly: low-fat options are often the poorer choice for most things imo #eatkit

21-Mar-12 10:27 | TiffanieElizabe

A3. Lighter spreads can sometimes be referring to the colour. I prefer adding less in quantity than getting the 'lite' stuff #eatkit

21-Mar-12 10:27 | JemmaOHanlon

A3. Did a massive Food Product Portfolio last year. Nutritionally, yes they are better. Not as tasty as the real thing unfortunately #eatkit

21-Mar-12 10:28 | danikacarty

@TeriLichten Agree - it's not such a loss of flavour is it? #Eatkit

21-Mar-12 10:28 | Foodwatch

Q3 I'd rather eat real food- it seems oils can be added but not disclosed. Our labelling laws are a bit light too #Eatkit

21-Mar-12 10:28 | Gippycath

A3: Some light margs are whipped with air, others mixed with water = soggy #eatkit

21-Mar-12 10:28 | EmmaStirling

#eatkit oh my I'm late for this, still heading home from uni. Marg is a commercial con IMO. That about sums up my thoughts

21-Mar-12 10:28 | HAEScoach

Agree too RT @TravellingDiet: A3: Really dislike light spreads. Waste of time I think. Just eat less of the full fat. #eatkit - #eatkit

21-Mar-12 10:28 | _Brookfarm_

@thefoodblog why did I know you'd say that! *grins* #eatkit

21-Mar-12 10:28 | EmmaStirling

A3 No. Too processed, it scares me that the first ingredient in most of these spreads is water so many additives to make like butter #eatkit

21-Mar-12 10:28 | nutritionist2u

A3. I can't get my head round a butter blend. It's like not being able to decide between veg and pp and mixing the two! #Eatkit

21-Mar-12 10:28 | Eatwiser

RT @EmmaStirling: Q3. Do you find light (lower-fat) spreads a good choice? Or butter blended with oils? #Eatkit

21-Mar-12 10:28 | Foodwatch

A3: Not a fan of light spreads - very poor taste, not worth the kJs! Much prefer better tasting marg or alternative spread (eg avo). #EatKit

21-Mar-12 10:29 | TiffWill_tweets

Repeat: Q3. Do you find light (lower-fat) spreads a good choice? Or butter blended with oil? #eatkit

21-Mar-12 10:29 | EmmaStirling

Doc are you with me on that @primalmeded - #eatkit

21-Mar-12 10:29 | thefoodblog

#eatkit my bloods are all good by the way! I eat butter!

21-Mar-12 10:29 | HAEScoach

@sallybadorrek Hi Sally. Just spotted you as the convo is speeding up. Glad you could make it! #Eatkit

21-Mar-12 10:29 | Foodwatch

I cant tell the difference really. RT @Foodwatch: @TeriLichten Agree - it's not such a loss of flavour is it? #Eatkit

21-Mar-12 10:29 | TeriLichten

Q1 We have yet to mention phytochemicals in marg #eatkit

21-Mar-12 10:29 | MadeForYouFoods

A3. Light spreads & whipped blends are rubbish for cooking - They just disintegrate! #eatkit

21-Mar-12 10:30 | danikacarty

#eatkit tucking into browned butter and buttermilk ice cream I made today - butter is best, and it gives you buttermilk

21-Mar-12 10:30 | thebutterfactor

A3. Here's the Heart Foundation's position on butter or margarine: http://t.co/aIi3g3TL #Eatkit

21-Mar-12 10:30 | Foodwatch

A3. Light spreads are like fat free mayonnaise - taste disgusting and diminishes quality of other food/ ingredients in meal. #eatkit

21-Mar-12 10:30 | TeriLichten

RT @TeriLichten: A3. I think if you have a small amount, rather eat the real stuff and enjoy than lite versions that taste synthetic #EatKit

21-Mar-12 10:30 | TiffWill_tweets

Q3 if you are ketoadapted, then lower fat spreads are meaningless
#eatkit

21-Mar-12 10:30 | thefoodblog

A1: Forgot to mention that I am a little partial to burnt butter and sage *winks* #eatkit

21-Mar-12 10:30 | EmmaStirling

#eatkit has anyone mentioned link between marg & bowel diseases?

21-Mar-12 10:31 | HAEScoach

Q3 don't even try to cook with light versions, break down badly and taste awful.
#eatkit

21-Mar-12 10:32 | _Brookfarm_

RT @TeriLichten: A3. I think if you have a small amount, rather eat the real stuff and enjoy than lite versions that taste synthetic #Eatkit

21-Mar-12 10:32 | EmilyHoulahan

RT @EmmaStirling: A1: I am a little partial to burnt butter and sage *winks* - Bet that wouldn't taste the same with marg! #eatkit

21-Mar-12 10:32 | TheDairyKitchen

RT @TeriLichten: A3. Light spreads are like fat free mayonnaise - taste disgusting and diminishes quality of other food/ ingredients in meal. #eatkit

21-Mar-12 10:32 | HAEScoach

Aaah yes! On top of veg lasagna RT @EmmaStirling: A1: Forgot to mention that I am a little partial to burnt butter and sage *winks* #Eatkit

21-Mar-12 10:32 | TravellingDiet

exactly@KayeWaterhouse #EatKit

21-Mar-12 10:32 | LicoriceLilly

@thefoodblog How long does it take to become 'keto-adapted'? R u talking days or weeks? #Eatkit

21-Mar-12 10:32 | Foodwatch

@EmmaStirling Love burnt butter and sage too #Eatkit

21-Mar-12 10:33 | ahealthyweight

my thoughts precisely RT @Foodwatch A3. Here's the Heart Foundation's position on butter or margarine: http://t.co/w6lz0xdx #eatkit

21-Mar-12 10:33 | keepcatebusy

Hi #eatkit just joining in now. Been at an event where I met @pepesaya and tried his AMAZING butter. Mmmm :)

21-Mar-12 10:33 | melkettle

A little fat with each meal, from a variety of natural sources. Helps with nutrient absorption too. #eatkit

21-Mar-12 10:33 | TiffanieElizabe

@thefoodblog What is ketoadapted? #eatkit

21-Mar-12 10:33 | FrancesGilham

A3 Levels trans fats in marg in Aust amongst lowest levels in world RT @Foodwatch Heart Foundations position http://t.co/fTmZcFKG #eatkit

21-Mar-12 10:33 | MelissaCarmody

@EmmaStirling if your body is a fat burning body (as opposed to sugar burning), you can use butter for fuel. low fat makes no sense #eatkit

21-Mar-12 10:33 | thefoodblog

Seeing lots of dismay over low fat foods. Think they went out with my 80's shoulder pads #eatkit

21-Mar-12 10:33 | EmmaStirling

RT @EmmaStirling: Seeing lots of dismay over low fat foods. Think they went out with my 80's shoulder pads #eatkit

21-Mar-12 10:34 | TheHouseOfAM

@melkettle Perfect for tonight's discussion!
#eatkit

21-Mar-12 10:34 | _Brookfarm_

.@Foodwatch @thefoodblog in my case about 2 weeks, varies with individuals. #eatkit

21-Mar-12 10:34 | redtwitdown

RT @FrancesGilham: @thefoodblog What is ketoadapted? « 4 years of uni, makes no sense to me #eatkit

21-Mar-12 10:34 | kait_tweets

@Foodwatch ketosis can be reached within 1 or 2 weeks, but it takes a bit longer to become an efficient fat burner #eatkit

21-Mar-12 10:34 | thefoodblog

@EmmaStirling really? what's wrong w low fat foods? #eatkit

21-Mar-12 10:34 | keepcatebusy

@SolNutrition or a plant sterol marg? #eatkit

21-Mar-12 10:34 | EmmaStirling

Hi all, I'm late! I rarely eat butter or marg - more olive oil or avo. But I don't think marg is as terrible as often portrayed. #eatkit

21-Mar-12 10:35 | FrancesGilham

@keepcatebusy agree with the heart foundation. marg contain greater amounts of polyunsat and monounsat oils which helps reduce HDL #eatkit

21-Mar-12 10:35 | MadeForYouFoods

#eatkit @SolNutrition it comes down to personal circumstance, if high chol it might be worth swapping to marg

21-Mar-12 10:36 | NuttedOut

hello @pepesaya we are also a fan of your lovely butter! #eatkit

21-Mar-12 10:36 | TheDairyKitchen

RT @SolNutrition: A3: Like all things food/health..it comes down to personal circumstance. If have high cholesterol it might be worth swapping to marg #eatkit

21-Mar-12 10:36 | FrancesGilham

@kait_tweets ketoadapted is when your body can efficiently burn fat for fuel. Insulin is low and fat cells release energy freely #eatkit

21-Mar-12 10:36 | thefoodblog

RT @EmmaStirling: @SolNutrition or a plant sterol marg? Yes if someone would like to try them there is evidence to suggest they work #eatkit

21-Mar-12 10:36 | SolNutrition

#eatkit French seem to go fine with butter!

21-Mar-12 10:36 | HAEScoach

@EmmaStirling Always interested to hear about past trends (food, not so much fashion!) being a newbie to the nutrition world. #EatKit

21-Mar-12 10:37 | TiffWill_tweets

Thomas Dux stocks @pepesaya I believe #eatkit

21-Mar-12 10:37 | EmmaStirling

@thefoodblog I'm not aware of this biochemical pathway. Link me up please #eatkit

21-Mar-12 10:37 | danikacarty

@keepcatebusy Low fat packaged foods often have added sugar or salt to try to improve the taste #eatkit

21-Mar-12 10:37 | Blazric_J

@EmmaStirling I wish whole session today in dietetics low fat mantra on repeat. Not a fan #eatkit

21-Mar-12 10:38 | HAEScoach

I have often heard of people having to START eating marg to gain plant sterol benefits. Is it worth Kjs for the weight conscious? #eatkit

21-Mar-12 10:38 | MadeForYouFoods

agree!RT @TheHouseOfAM: ok, where can I get it??? RT @TheDairyKitchen: hello @pepesaya we are also a fan of your lovely butter! #eatkit

21-Mar-12 10:38 | TiffanieElizabe

@EmmaStirling but why low fat milk when milk only has 4% fat anyway? Of all the foods why is this one of such high concern? #eatkit

21-Mar-12 10:38 | keepcatebusy

me neither! RT @danikacarty: @thefoodblog I'm not aware of this biochemical pathway. Link me up please #eatkit

21-Mar-12 10:38 | TheHouseOfAM

@FrancesGilham Glad you could join us. I too love avo on crusty bread or hummus on crackers. But do love a bit of butter on toast #Eatkit

21-Mar-12 10:38 | Foodwatch

“@Foodwatch: Love this RT @MelissaCarmody: A2 Moderation, if you can see your teeth marks it’s too thick! #Eatkit” oh. Whoops. :)

21-Mar-12 10:38 | melkettle

Q4. Chefs love butter – what are alternatives that work in cooking or baking? Your recipes? #eatkit

21-Mar-12 10:38 | EmmaStirling

Here's my blog on butter vs marg http://t.co/5fOL3xTP #eatkit

21-Mar-12 10:38 | JemmaOHanlon

@danikacarty did you learn about ketogenic diet for epilepsy? #curious #eatkit

21-Mar-12 10:39 | TiffanieElizabe

RT @MadeForYouFoods: plant sterol marg - Is it worth Kjs for the weight conscious? #eatkit

21-Mar-12 10:39 | MelissaCarmody

Ha RT @EmmaStirling: Seeing lots of dismay over low fat foods. Think they went out with my 80s shoulder pads #Eatkit

21-Mar-12 10:40 | Foodwatch

A3. plant sterol marg has helped reduce my hubby's LDL significantly. Would rather eat that than have him on statins! #eatkit

21-Mar-12 10:40 | MichelleNBroom

@Blazric_J yep - I totally agree - just curious as to reasons behind the advice :-) #eatkit

21-Mar-12 10:40 | keepcatebusy

and many of the spreads that are supposed to lower col actually increase heart disease risk #EatKit

21-Mar-12 10:40 | LicoriceLilly

@TheHouseOfAM @danikacarty sugar burning is done preferentially because sugar is dangerous. ketoadapted pathway should be the norm #eatkit

21-Mar-12 10:40 | thefoodblog

@JemmaOHanlon Love this! "So that means I can use margarine to my heart's (no pun intended) content?" http://t.co/QCDcf5IG #eatkit

21-Mar-12 10:40 | MadeForYouFoods

RT @EmmaStirling: Q4. Chefs love butter – what are alternatives that work in cooking or baking? Your recipes? #Eatkit

21-Mar-12 10:40 | Foodwatch

Q4 Macadamia Oil is perfect substitute in baking. Mac oil very high in monounsat fats and best omega 3 to 6 ratio #eatkit

21-Mar-12 10:40 | _Brookfarm_

@TravellingDiet yep i always reinforce they only work with consistency. #eatkit

21-Mar-12 10:40 | TiffanieElizabe

@TravellingDiet true. I think anyone using them needs to be aware of correct use and if they might be the best choice for them. #eatkit

21-Mar-12 10:40 | SolNutrition

@keepcatebusy @emmastirling marketing! #eatkit

21-Mar-12 10:40 | HAEScoach

A4: Lots of US recipes use applesauce & even avocado in baking #eatkit

21-Mar-12 10:40 | EmmaStirling

A4 Olive oil in muffins is one of my favs, still very moist #eatkit

21-Mar-12 10:40 | MelissaCarmody

RT @_Brookfarm_: Q4 Macadamia Oil is perfect substitute in baking. Mac oil very high in monounsat fats and best omega 3 to 6 ratio #eatkit

21-Mar-12 10:41 | BattenMark

@Foodwatch @thefoodblog unhomogenised butter from grass fed cows, can't spell the other stuff starting with m #Eatkit

21-Mar-12 10:41 | pepesaya

@EmmaStirling A4 I often substitute butter with olive oil in cake recipes. #Eatkit

21-Mar-12 10:41 | Eatwiser

A look at how butter is made compared to a common healthy vegetable oil often used in marg. Butter thanks. http://t.co/3JZVGaa5 #eatkit

21-Mar-12 10:41 | PrimalCyclist

Shoulder pads are back @EmmaStirling! #eatkit

21-Mar-12 10:41 | FrancesGilham

RT @MichelleNBroom: A3. plant sterol marg has helped reduce my hubby's LDL significantly. Would rather eat that than have him on statins! #eatkit

21-Mar-12 10:41 | FrancesGilham

A4. Rice bran oil in cakes works well #eatkit

21-Mar-12 10:41 | sallybadorrek

ketonic diets work for some people, some can't cope, it's very individual #EatKit

21-Mar-12 10:42 | LicoriceLilly

@danikacarty @TiffanieElizabe Well, that's the pathway. Ketones and reduction of glucose beneficial for many neurological conditions #eatkit

21-Mar-12 10:42 | redtwitdown

RT @SolNutrition: A4: I dabble with different fats & oils in cooking eg local macadamia oil. For cakes always go back to butter #Eatkit

21-Mar-12 10:42 | Foodwatch

Q4 I have a fab banana cake recipe from a Canadian dietitian made with canola oil rather than butter. Yummy! #eatkit #eatkit

21-Mar-12 10:42 | MichelleNBroom

A4. Yogurt a winner in muffins - esp strawberry. So moist & scrumptious! #eatkit

21-Mar-12 10:42 | danikacarty

"@_Brookfarm_: Q4 Macadamia Oil is perfect substitute in baking. Mac oil very high in monounsat fats and best omega 3 to 6 ratio #eatkit"

21-Mar-12 10:42 | ErinRepetto

@keepcatebusy Would just have to pour the fudge into your mouth. Tough gig. #eatkit

21-Mar-12 10:42 | MadeForYouFoods

@Eatwiser Have only found this works some of the time! #Eatkit

21-Mar-12 10:42 | Foodwatch

@FrancesGilham thanks for the fashion tips my young guns #eatkit

21-Mar-12 10:42 | EmmaStirling

Yes, and even beetroot! RT@EmmaStirling A4: Lots of US recipes use applesauce & even avocado in baking #Eatkit

21-Mar-12 10:42 | Eatwiser

#eatkit Q4 depends what is being cooked. I'm not a cake eater but if I do it's butter. Other food I steam and or olive oil

21-Mar-12 10:43 | HAEScoach

@MadeForYouFoods ate it w a spoon :-) #eatkit

21-Mar-12 10:43 | keepcatebusy

RT @keepcatebusy: A4 Ive found the only thing I really cant make successfully w marg is fudge - just doesnt set enough to cut #Eatkit

21-Mar-12 10:43 | Foodwatch

A4. macadamia nut oil, almond oil or rice bran oil for cakes. Use recipes from Teresa Cutter & Jude Blereau #eatkit

21-Mar-12 10:43 | tastebuddie

Apple sauce can work well but I've found texture not as light RT @EmmaStirling US recipes use applesauce & even avocado in baking #eatkit

21-Mar-12 10:43 | MelissaCarmody

Surely there are some lurkers who want to tweet baked recipes that use butter or marg substitutes? #eatkit

21-Mar-12 10:43 | EmmaStirling

EmmaStirling Q4. Baking & butter hard to beat, for cakes calling for oil, rice bran #eatkit

21-Mar-12 10:43 | CarliRatcliff

RT @SolNutrition: A4: I dabble with trying different fats and oils in cooking. E.g. our local macadamia oil. For cakes I always go back to butter #eatkit

21-Mar-12 10:43 | ErinRepetto

I agree! RT @danikacarty: A4. Yogurt a winner in muffins - esp strawberry. So moist & scrumptious! #eatkit

21-Mar-12 10:43 | MichelleNBroom

A4. I usually use canola or olive oil in muffins etc but will try macadamia oil now - sounds yum! #Eatkit

21-Mar-12 10:43 | TravellingDiet

A4: Does anyone have a link/s to cheat sheets for recipe modifications with a butter/marg/oil focus? #EatKit

21-Mar-12 10:43 | TiffWill_tweets

I like shoulder pads about as much as I like marg. #notvery #eatkit

21-Mar-12 10:43 | TiffanieElizabe

@EmmaStirling @pepesaya I think so. Have a little sample in my fridge too :) #eatkit

21-Mar-12 10:43 | melkettle

i prefer coconut oil for cooking, healthiest and highest smoke point #EatKit

21-Mar-12 10:43 | LicoriceLilly

a4 - I look for alternatives to sugar and flour instead #eatkit

21-Mar-12 10:44 | thefoodblog

@MichelleNBroom mmm gmo's #eatkit

21-Mar-12 10:44 | HAEScoach

a4 If I had to replace butter, I'd use lard for baking #eatkit

21-Mar-12 10:44 | thefoodblog

@thefoodblog Send like a true anti-carb man! #Eatkit

21-Mar-12 10:45 | Foodwatch

A4. I swapped butter for additional eggs in my vege quiche. Works a treat and the family love it. #eatkit

21-Mar-12 10:45 | MadeForYouFoods

Q4 Chocolate & Beetroot recipe using mac oil rather than butter
#eatkit

21-Mar-12 10:45 | _Brookfarm_

RT @MichelleNBroom A4 I have a fab banana cake recipe from a Canadian dietitian made with canola oil rather than butter. Yummy! #Eatkit

21-Mar-12 10:45 | Eatwiser

A4 have used applesauce and yoghurt successfully in muffins. But admit I often sub marg for butter -maybe why I'm not a great chef!! #eatkit

21-Mar-12 10:45 | FrancesGilham

@thefoodblog especially sugar! #eatkit

21-Mar-12 10:45 | TiffanieElizabe

Feel free to share recipe links after the chat if you need time & we'll add them to the archive #eatkit

21-Mar-12 10:45 | EmmaStirling

A4. Avocado and chocolate cake spells HEAVEN RT @EmmaStirling US recipes use applesauce & even avocado in baking #Eatkit

21-Mar-12 10:45 | EmilyHoulahan

@MadeForYouFoods haha :) #eatkit

21-Mar-12 10:45 | JemmaOHanlon

A4 Macadamia oil & olive oil are my 2 other staples. The 1 that gets used is dictated by intended flavour (macadmia can be 2 strong) #eatkit

21-Mar-12 10:45 | KayeWaterhouse

Ha! RT @HAEScoach: @MichelleNBroom mmm gmos #eatkit

21-Mar-12 10:45 | TiffanieElizabe

@LicoriceLilly Mac oil has higher smoke point than coconut oil 210 degree C.
#eatkit

21-Mar-12 10:45 | _Brookfarm_

@JemmaOHanlon Would love a peek if you find it :) #EatKit

21-Mar-12 10:45 | TiffWill_tweets

@EmilyHoulahan avocado and chocolate mouse also amazing!! #eatkit

21-Mar-12 10:46 | TiffanieElizabe

Ok look at the time...better move on to last question #eatkit

21-Mar-12 10:46 | EmmaStirling

#eatkit A4: I'm really liking the sound of using olive oil in these recipes mmm yummy

21-Mar-12 10:46 | NuttedOut

@LicoriceLilly Coconut oil provides energy to stabilize blood sugar! #eatkit

21-Mar-12 10:46 | MadeForYouFoods

@EmmaStirling Big food & the supermarkets missed the memo. Low fat is everywhere. Low fat generally means high sugar & processed #eatkit

21-Mar-12 10:46 | PrimalCyclist

not to my knowledge@_Brookfarm_ #EatKit

21-Mar-12 10:46 | LicoriceLilly

@thefoodblog Have you tried duck fat? See it more often in the supermart. #Eatkit

21-Mar-12 10:46 | Foodwatch

It's butter or nothing in my world. Give me real food with ingredients I can recognise any day. I'll make my own soon #Eatkit

21-Mar-12 10:47 | Gippycath

RT @SolNutrition: RT @_Brookfarm_: @LicoriceLilly Mac oil has higher smoke point than coconut oil 210 degree C. #Eatkit

21-Mar-12 10:47 | TravellingDiet

@EmmaStirling Q4. I make muesli bars and muffins and use mashed banana as the wet ingredient #eatkit

21-Mar-12 10:47 | mrsdurrant

A4: my most recent #reciperedux uses olive oil and yoghurt instead of butter or marg http://t.co/sw1ONiZO #Eatkit

21-Mar-12 10:47 | whatsforeats

Q5. Do you really NEED Butter or marg? Can't you spread avocado, hummus or nut butter? If no, what do you NEED it for? #eatkit

21-Mar-12 10:47 | EmmaStirling

RT @Gippycath: Its butter or nothing in my world. Give me real food with ingredients I can recognise any day. Ill make my own soon #eatkit

21-Mar-12 10:47 | TiffanieElizabe

i make rillettes with duck fat @Foodwatch #EatKit

21-Mar-12 10:47 | LicoriceLilly

Q5: Already declared my need for butter pairings with globe artichokes & burnt sage butter #eatkit

21-Mar-12 10:48 | EmmaStirling

A5: probably not. We can get sufficient healthy nuts from oil, nuts and seeds etc. #eatkit

21-Mar-12 10:48 | SolNutrition

A5 - that's like asking 'do you really NEED choc' - somethings in life have to be about what you like, not about what you need #eatkit

21-Mar-12 10:48 | keepcatebusy

A4 #eatkit I made an amazing chocolate brownie on the weekend that used puréed prunes instead of oil/butter. Was delish

21-Mar-12 10:49 | melkettle

need is a strong word... #EatKit

21-Mar-12 10:49 | LicoriceLilly

Q5 define NEED! Nutritionally we don't but our mouths and brains think we do! #eatkit

21-Mar-12 10:49 | MadeForYouFoods

A5: yep love avo, homemade dips, olive oil over bread, hummus and coconut oil. Actually love coconut oil and vegemite together. #eatkit

21-Mar-12 10:49 | TiffanieElizabe

A5 Avo and nut spreads great way increasing unsaturated fat intake, especially with new Aust dietary guidelines recommendations #eatkit

21-Mar-12 10:49 | MelissaCarmody

A5: Yeah, often I do use "alternatives" especially avo, hummus, tahini, nut butter... Adds variety and flavour #eatkit

21-Mar-12 10:49 | kait_tweets

@Foodwatch coconut oil too, as well as macadamia oil for mayonnaise #eatkit

21-Mar-12 10:49 | thefoodblog

A5 Vegemite needs a spread. #eatkit

21-Mar-12 10:49 | sallybadorrek

A5: oops meant healthy fats! #eatkit

21-Mar-12 10:49 | SolNutrition

@EmmaStirling What can I say, Im a SLAVE TO MY TASTEBUDS!!! #eatkit

21-Mar-12 10:49 | KayeWaterhouse

Very true comments about my loud NEED @keepcatebusy @licoriceLilly - eat to enjoy! #eatkit

21-Mar-12 10:50 | EmmaStirling

no one has asked if margarine is actually dangerous, what with all the chemical processing and polyunsaturated fatty acids...
#eatkit

21-Mar-12 10:50 | thefoodblog

My goodness, worn out by discussion about butter v margarine. There are some super fast tweets out there. Now time for bed. #eatkit

21-Mar-12 10:50 | ahealthyweight

@thefoodblog Same here! I halve sugar content always. #eatkit

21-Mar-12 10:50 | danikacarty

Applebutter? ;o) RT @EmmaStirling A4: Lots of US recipes use applesauce & even avocado in baking #eatkit

21-Mar-12 10:50 | GreenvaleFarm

RT @melkettle I made an amazing chocolate brownie on the weekend that used puréed prunes instead of oil/butter. Was delish #Eatkit

21-Mar-12 10:50 | Eatwiser

@TiffanieElizabe What are your fave ways to eat/use coconut oil? #EatKit

21-Mar-12 10:50 | TiffWill_tweets

A5. @emmastirling Agree on the sage brown butter front. - Life wouldn't be complete. *swoon* #eatkit

21-Mar-12 10:50 | TheDairyKitchen

We don't NEED butter like we don't need chocolate, wine or coffee - but it gives us pleasure and can make wholegrains, veg tastier #eatkit

21-Mar-12 10:50 | Blazric_J

RT @sallybadorrek A5 Vegemite needs a spread. #eatkit « butter and vegemite ftw

21-Mar-12 10:50 | kait_tweets

will have to try, what do you have it on? RT @TiffanieElizabe: coconut oil and vegemite together. #eatkit

21-Mar-12 10:50 | MelissaCarmody

I'm going to try avocado and Vegemite RT @sallybadorrek: A5 Vegemite needs a spread. #Eatkit

21-Mar-12 10:51 | whatsforeats

@danikacarty I use xylitol instead of sugar #eatkit

21-Mar-12 10:51 | thefoodblog

RT @keepcatebusy: A5 - that's like asking 'do you really NEED choc' - somethings in life have to be about what you like, not about what you need #eatkit

21-Mar-12 10:51 | KayeWaterhouse

@GreenvaleFarm haha #eatkit

21-Mar-12 10:51 | EmmaStirling

yes yes! RT @melkettle: A5 #eatkit butter goes best with Vegemite on toast. So yes. Definitely need butter :) #eatkit

21-Mar-12 10:51 | SolNutrition

@LicoriceLilly Lets compare notes :) Research I have says 160 - 180 degree C for coconut oil & 210 for mac oil. #eatkit

21-Mar-12 10:51 | _Brookfarm_

A5: I barely use butter or margarine these days due to my love for natural peanut butter. Mmm! #eatkit

21-Mar-12 10:51 | marymgrin

@whatsforeats it's very good!! #eatkit

21-Mar-12 10:52 | keepcatebusy

RT @Foodwatch: @sallybadorrek Very true! Cant eat vegemite without anything underneath it! #Eatkit

21-Mar-12 10:52 | TheHouseOfAM

Agree good combo RT @whatsforeats: Im going to try avocado and Vegemite RT @sallybadorrek: A5 Vegemite needs a spread. #Eatkit

21-Mar-12 10:52 | TravellingDiet

Q5. Flavour! texture, tradition & to remind people that the oldest most basic foods are best, real food is what keeps us healthy #eatkit

21-Mar-12 10:52 | CarliRatcliff

@TiffWill_tweets and crumpets #eatkit

21-Mar-12 10:52 | keepcatebusy

@thefoodblog xylitol doesn't like my tummy too much. :(wish it did! #eatkit

21-Mar-12 10:52 | TiffanieElizabe

RT @keepcatebusy: A5 thats like asking do you really NEED choc - somethings in life have to be about what you like,not what you need #eatkit

21-Mar-12 10:52 | TheDairyKitchen

Keep the answers to any questions coming...we're going to open up the floor to thoughts, BOLD statements or additional questions? #eatkit

21-Mar-12 10:52 | EmmaStirling

oh yeah, the crumpets! RT @keepcatebusy: @TiffWill_tweets and crumpets #eatkit

21-Mar-12 10:52 | TheHouseOfAM

@kait_tweets made a wicked baba ganoush on the weekend for our grand prix bbq. Made w real eggplant and tahini, our guests LOVED it #eatkit

21-Mar-12 10:52 | JemmaOHanlon

RT @Blazric_J: We don't NEED butter like we don't need chocolate, wine or coffee - but it gives us pleasure and can make wholegrains, veg tastier #eatkit

21-Mar-12 10:53 | melkettle

@TravellingDiet lovely combo! Vegemite is my processed food of choice! #eatkit

21-Mar-12 10:53 | TiffanieElizabe

How to we feel about adding butter to veges if it gets us to eat more veg? Must we choose our battles? #eatkit

21-Mar-12 10:53 | MadeForYouFoods

@TiffanieElizabe you quickly build up a tolerance for the indigestible fiber. #eatkit

21-Mar-12 10:53 | thefoodblog

@thefoodblog Why xylitol over stevia? Just curious.. #EatKit

21-Mar-12 10:53 | TiffWill_tweets

Hit nail on head! RT @MadeForYouFoods: How to we feel about adding butter to veges if it gets us to eat more veg? #Eatkit

21-Mar-12 10:54 | Foodwatch

RT @TravellingDiet: RT @whatsforeats: Try with Chicken too! Im going to try avocado and Vegemite RT @sallybadorrek: #eatkit

21-Mar-12 10:54 | MadeForYouFoods

@EmmaStirling BOLD statements? Margarine is deadly. Don't eat margarine, it will give you heart disease... #eatkit

21-Mar-12 10:54 | thefoodblog

@TheHouseOfAM @keepcatebusy @tiffwill_tweets oh totally agree about crumpets. Mmmm :) #eatkit

21-Mar-12 10:54 | melkettle

@EmmaStirling not worth the mention #eatkit

21-Mar-12 10:54 | pepesaya

@JemmaOHanlon oh yum!!! That's been on my to do list for ages, but anxious about putting eggplant on the gas stove top! #eatkit

21-Mar-12 10:54 | kait_tweets

@TiffWill_tweets xylitol has more bulk (for ice cream), tastes closer to sugar and doesn't have stevia's bitter aftertaste. #eatkit

21-Mar-12 10:55 | thefoodblog

!! RT @Foodwatch: Hit nail on head! RT @MadeForYouFoods: How to we feel about adding butter to veges if it gets us to eat more veg? #eatkit

21-Mar-12 10:55 | TiffanieElizabe

@thefoodblog geez, you are BOLD. #eatkit

21-Mar-12 10:55 | EmmaStirling

@thefoodblog: no one has asked if marg is dangerous, what with all the chemical processing & polyunsaturated fatty acids #eatkit... A given?

21-Mar-12 10:55 | CarliRatcliff

@thefoodblog not with IBS!!! #trustmeonthatone #eatkit

21-Mar-12 10:55 | kait_tweets

@thefoodblog research based evidence? @EmmaStirling #eatkit

21-Mar-12 10:55 | keepcatebusy

@Foodwatch he showed us how to make it. Going to have to experiment #eatkit #pepsaya

21-Mar-12 10:55 | melkettle

RT @JemmaOHanlon: Here's the link to my baba ganoush recipe made with tahini.... just delish http://t.co/ATeHZ2IU #eatkit

21-Mar-12 10:55 | kait_tweets

RT @EmmaStirling: Are our message for us healthy peeps....do they fit with the whole population? Kids? Existing heart disease? #Eatkit

21-Mar-12 10:55 | Foodwatch

@Foodwatch are you referring to xylitol being new to you? #eatkit

21-Mar-12 10:56 | thefoodblog

@danikacarty yes!!! #eatkit love avo on beautiful fresh bread with salmon or ham or tomato. Need butter for Vegemite

21-Mar-12 10:57 | melkettle

@melkettle How to make butter? Sorry if I've missed something - the convo is travelling at light speed for me!! #Eatkit

21-Mar-12 10:57 | Foodwatch

RT @thefoodblog: hi. I'm just a guy who trust cows more than I trust chemists. #eatkit

21-Mar-12 10:57 | QuirkyJo

@Foodwatch @EmmaStirling do ppl really feed something dripping w sat fats to their kids?? #eatkit

21-Mar-12 10:57 | keepcatebusy

@keepcatebusy my 2.5yo eats butter every chance she gets. on steak. eggs. plain cut into shapes and learns the names #eatkit

21-Mar-12 10:57 | redtwitdown

@kait_tweets do you still eat grains with IBS? #eatkit

21-Mar-12 10:57 | thefoodblog

Cream cheese, ricotta or brie on fruit toast for me, otherwise butter and full cream raw milk for me (would pass instead of sub) #Eatkit

21-Mar-12 10:57 | Gippycath

My Internet hasn't been working on my phone! But I've used avo to replace butter for choc cupcakes with no flavour change! #Eatkit

21-Mar-12 10:57 | NutritionwWendy

Thank you everyone for stimulating discussion, we have minutes to go. #eatkit

21-Mar-12 10:57 | EmmaStirling

Too true! RT @danikacarty: the Western world puts so much energy into making foods contain less energy #eatkit

21-Mar-12 10:57 | MadeForYouFoods

Love it! RT @danikacarty: the Western world puts so much energy into making foods contain less energy #eatkit

21-Mar-12 10:57 | MelissaCarmody

@Foodwatch kids cant have nut butters at school so limits it to butter or avo for my kids #eatkit

21-Mar-12 10:58 | tastebuddie

@keepcatebusy no, just a mad theory of mine... #eatkit

21-Mar-12 10:58 | thefoodblog

RT @EmmaStirling: Seeing lots of dismay over low fat foods. Think they went out with my 80's shoulder pads #eatkit

21-Mar-12 10:58 | QuirkyJo

Feel free to suggest topic ideas, drop us feedback or say hi anytime during the month via the hashtag #EatKit #eatkit

21-Mar-12 10:58 | EmmaStirling

@redtwitdown do u let her eat that much fat as chocolate? or chips? #eatkit

21-Mar-12 10:58 | keepcatebusy

@Gippycath yummy #eatkit

21-Mar-12 10:58 | tastebuddie

We know you busy birds will keep on tweeting - that's what @foodwatch & I love about #eatkit #eatkit

21-Mar-12 10:59 | EmmaStirling

@EmmaStirling Depends on their diet - improve veg fruit wholegrain intake, reduce processed foods, sugar before changing spreads #eatkit

21-Mar-12 10:59 | nutritionist2u

True true. RT @danikacarty: the Western world puts so much energy into making foods contain less energy #Eatkit

21-Mar-12 10:59 | TravellingDiet

@thefoodblog No sorry. Just your use of it as a bulking agent with no after taste. Stevia slight liquorice taste but not that bad. #Eatkit

21-Mar-12 10:59 | Foodwatch

Apologies for not replying to all direct tweets - believe me @foodwatch & I read all tweets & links for the archive #eatkit

21-Mar-12 10:59 | EmmaStirling

@thefoodblog awesome!! :-) (I personally think artificial sweetners will give you alzheimers!) #eatkit

21-Mar-12 10:59 | keepcatebusy

Lots of crumpet lovers out there! Slightly off topic: has anyone made crumpets from scratch? I'd highly recommend, very yummy. #EatKit

21-Mar-12 10:59 | TiffWill_tweets

@JemmaOHanlon so much easier than what I saw on TV then!! Will give your recipe a go #eatkit

21-Mar-12 11:00 | kait_tweets

Thanks for the chat. Snooze time for me :) #longday #eatkit

21-Mar-12 11:00 | SolNutrition

@Foodwatch what about how PUFA content of margarine alters cell-membrane biochemistry to make them more prone to inflammation? #eatkit

21-Mar-12 11:00 | thefoodblog

would like a chat on glutamate #EatKit

21-Mar-12 11:00 | LicoriceLilly

Well, that was a fast hour! We'll be archiving shortly. Follow #EatKit for updates. Mark your diary for the next chat Wed April 18. #eatkit

21-Mar-12 11:00 | EmmaStirling

@TiffWill_tweets I make them in my toasty toasty machine :-) (lazy cook!!) #eatkit

21-Mar-12 11:00 | keepcatebusy

@TiffWill_tweets crumpet recipe please! Now does it have butter in it? #eatkit

21-Mar-12 11:00 | MelissaCarmody

Bold statement: conventional wisdom is flawed. Nature knows best. #eatkit

21-Mar-12 11:01 | TiffanieElizabe

A huge thanks to my co-moderator @EmmaStirling for running the debate tonite. Hard work w such passionate foodies! #Eatkit

21-Mar-12 11:01 | Foodwatch

Night tweeps. Love a good old fashioned stimulating conversation! I'm out x #eatkit

21-Mar-12 11:01 | danikacarty

That's our official close time, but stick around and chat if you like. Thanks so much on behalf of @foodwatch & moi. #eatkit

21-Mar-12 11:01 | EmmaStirling

@TiffanieElizabe Wo-ho #Eatkit

21-Mar-12 11:01 | Foodwatch

@TiffanieElizabe love it! #EatKit

21-Mar-12 11:01 | LicoriceLilly

@keepcatebusy xylitol? It's natural but has a deceptive name #eatkit

21-Mar-12 11:01 | thefoodblog

love walking around in my work uniform. Dietitian plastered on my chest. And buying full fat products and butter. #eatkit

21-Mar-12 11:02 | TiffanieElizabe

RT @QuirkyJo: RT @thefoodblog: hi. Im just a guy who trust cows more than I trust chemists. #Eatkit

21-Mar-12 11:02 | Gippycath

Do u need healthy nuts? lol RT “@SolNutrition: A5: probably not. We can get sufficient healthy nuts from oil, nuts and seeds etc. #eatkit”

21-Mar-12 11:02 | ellaycat

Thanks a million @emmastirling & @foodwatch x
#eatkit

21-Mar-12 11:02 | danikacarty

@_Brookfarm_ bring back the natural ingredients rule of thumb - better flavor, natural nutrients, better for you #eatkit

21-Mar-12 11:02 | Lifes_A_Gym

@EmmaStirling, @Foodwatch and #eatkit participants, thanks for a great discussion. Have a great evening. #Eatkit

21-Mar-12 11:02 | Eatwiser

Great chat. Thank you! #Eatkit

21-Mar-12 11:03 | TravellingDiet

RT @MadeForYouFoods Big thanks to @EmmaStirling and @Foodwatch for being great hosts #eatkit « here, here!

21-Mar-12 11:03 | kait_tweets

@TiffWill_tweets Yum! That sounds amazing! Will definitely have to attempt! #eatkit

21-Mar-12 11:03 | marymgrin

Thanks everyone. Love picking up on a few like minded people to follow, so interesting to see level of support for butter. #eatkit

21-Mar-12 11:03 | TiffanieElizabe

@thefoodblog Well there's olive oil margarines you know. High in monounsats not polyunsats. #Eatkit

21-Mar-12 11:03 | Foodwatch

@MelissaCarmody The million dollar Q! Used old school @aww_cookbooks recipe, but several options on http://t.co/FljJk6uv :) #EatKit

21-Mar-12 11:03 | TiffWill_tweets

@EmmaStirling and @Foodwatch thanks for great session #eatkit

21-Mar-12 11:03 | thefoodblog

@keepcatebusy No way re kids & marg, chemicals & kids don't mix. My daughter makes butter w me, she appreciates it comes from a cow #eatkit

21-Mar-12 11:04 | CarliRatcliff

@MadeForYouFoods Aww thanks. Was such fun! Best fun online all week! #Eatkit

21-Mar-12 11:04 | Foodwatch

RT @EmmaStirling: Science deals with hypothesis & levels of evidence. Nothing black&white. Nutrition is a young science, fast evolving, change is good #eatkit

21-Mar-12 11:04 | AppetiteComms

@Foodwatch @thefoodblog I use Natvia, its a stevia blend. Tastes just fine :) #eatkit

21-Mar-12 11:04 | KayeWaterhouse

@EmmaStirling @Foodwatch Thanks guys! great chat. So great to hear so many passionate tweeps. #eatkit

21-Mar-12 11:04 | TheDairyKitchen

@Foodwatch good point. but, are other types of margarine (high in pufa, omega 6) dangerous? #eatkit

21-Mar-12 11:04 | thefoodblog

off to find my grandmothers butter pats and some raw milk. Thanks everyone! #eatkit

21-Mar-12 11:04 | tastebuddie

#eatkit Thanks everyone for a interesting discussion as always, look forward to the next eatkit! Goodnight all :)

21-Mar-12 11:05 | NuttedOut

@Foodwatch agreed :) #eatkit

21-Mar-12 11:06 | thefoodblog

@thefoodblog I wouldn't say "dangerous". But less of a good choice is better working #Eatkit

21-Mar-12 11:06 | Foodwatch

@marymgrin Warning: store bought crumpets likely to become much less appealing. Let me know how they go when you make 'em! #EatKit

21-Mar-12 11:06 | TiffWill_tweets

@Foodwatch I use olive oil in cake. Even chocolate cake cz my son is lactose intolerant & we live in Italy. It's very good. #Eatkit

21-Mar-12 11:06 | JeannieMMarshal

@melkettle Super easy & super tasty :) #EatKit #crumpets

21-Mar-12 11:06 | TiffWill_tweets

@TiffWill_tweets Love WW recipes, will have to dig out a good recipe and give them a go #eatkit

21-Mar-12 11:07 | MelissaCarmody

“@Gippycath: Cows are also great at making trans fats. Dairy products are a more significant source of TF than marge in Oz #eatkit

21-Mar-12 11:07 | FionaWiller

@kait_tweets maybe I'm not as renegade as I thought! ;) #eatkit

21-Mar-12 11:07 | TiffanieElizabe

@TiffWill_tweets Haha! I could imagine! I definitely will! #EatKit

21-Mar-12 11:07 | marymgrin

@JeannieMMarshal Hey amazing. Often wondered if Italians used olive oil in just everything! guess they do. #Eatkit

21-Mar-12 11:07 | Foodwatch

Sorry non-nutrition followers for all the passionate foodie tweets. That's me done for the night. #eatkit

21-Mar-12 11:09 | TiffanieElizabe

Thanks for another interesting discussion @EmmaStirling & @Foodwatch! Most participants you've had so far? Was fast & furious. #EatKit

21-Mar-12 11:09 | TiffWill_tweets

#eatkit Recipe for Macadamia Butter: http://t.co/oqYvts5K

21-Mar-12 11:09 | tastebuddie

#eatkit sad to have tuned in only at the end, again! Now to read the last hour of tweets xx

21-Mar-12 11:09 | FionaWiller

That was my first #EatKit, how fun!

21-Mar-12 11:09 | marymgrin

Justify eating butter .RT @Foodwatch Here are my thoughts on butter vs margarine http://t.co/7swVXX9B Enjoy #eatkit! #Eatkit

21-Mar-12 11:15 | Helenchinatown

Totally had a post #eatkit Tim Tam. But just the one.

21-Mar-12 11:16 | kait_tweets

RT @thebutterfactor: #eatkit hi Naomi here, I'm a maker of cultured butter. About to go on Churchill fellowship to Sweden/France making butter. Live in NE Vic

21-Mar-12 11:17 | kimcoronica

@beeso #eatkit seen fathead? my favourite bit http://t.co/otqyJffM - on the lunacy of nutritional advice on eating grain & seed oils

21-Mar-12 11:18 | thefoodblog

RT @thefoodblog: no one has asked if margarine is actually dangerous, what with all the chemical processing and polyunsaturated fatty acids...
#eatkit

21-Mar-12 11:18 | MsFrangipani

@kait_tweets Haven't had a timtam in 2 years! I miss #australia #eatkit

21-Mar-12 11:19 | shellsparkles

@thefoodblog I am considering ditching marg for butter. Craziness! Never really eaten butter so am curious what the fuss is about! #eatkit

21-Mar-12 11:20 | FrancesGilham

RT @_brookfarm_: Q4 Chocolate & Beetroot recipe using mac oil rather than butter #eatkit

21-Mar-12 11:20 | LoveBeetroot

@FrancesGilham that's great to know. it's been worth it then :) get the best butter money can buy. if in Sydney, that's @pepesaya #eatkit

21-Mar-12 11:23 | thefoodblog

@FrancesGilham @EmmaStirling @Foodwatch can I ask, what is #eatkit?

21-Mar-12 11:30 | _sarahwilson_

Things like #eatkit make me excited for being part of the future of Nutrition/Dietetics □□□

21-Mar-12 11:33 | scuthbert9

@_sarahwilson_ More info here http://t.co/koDMz3Qa

21-Mar-12 11:38 | FrancesGilham

I'm a organic butter gal to! RT @danikacarty I find people judge me when I say I prefer butter over margarine #perilsofadietitian #eatkit

21-Mar-12 11:42 | VanessaLougoon

RT @danikacarty: A5. Avo/hummus great for sandwiches and wraps. Need butter for scones & Vegemite on toast. NEED! #eatkit

21-Mar-12 11:44 | VanessaLougoon

Can you share recipe Mel? RT @melkettle: A4 #eatkit I made amazing chocolate brownie that used puréed prunes instead of oil/butter. delish

21-Mar-12 11:59 | KBfromCicero

RT @thefoodblog: hi. I'm just a guy who trust cows more than I trust chemists. #eatkit

21-Mar-12 14:00 | OldSalt72

The fuck is #eatkit - hopefully not about eating kittens trolol

21-Mar-12 15:46 | miafeline

#eatkit Kat

21-Mar-12 16:04 | Leaarsenal14

Fascinating margarine vs butter #EatKit discussion last night. If only I could have stayed awake for it.

21-Mar-12 19:23 | primalmeded

RT @Foodwatch: RT @EmmaStirling: Well, that was a fast hour! Archiving shortly. Follow #EatKit for updates. Mark yr diary for next chat Wed Apr 18 #Eatkit

21-Mar-12 19:26 | bizzylizzycooks

RT @thefoodblog: I have no memories of making margarine. I eat @pepesaya butter #eatkit

21-Mar-12 19:28 | RobertaMuir

Again??? I can't beleive this is back! http://t.co/0T9vPHTb S Club 7 Happy Birthday Twitter #eatkit

21-Mar-12 20:01 | qwJuniousJennef

I am excited about #eatkit etc too! Didn't even have computers /internet when I trained early 80's #dietetics #worldisyouroysternow

21-Mar-12 20:01 | TheHouseOfAM

Oh Shit...FUCK NOT AGAIN! http://t.co/Ghc5n1tm Twitter Says It Has 140 Million Users #AGaliciaEnSemanaSanta #eatkit

21-Mar-12 20:10 | erBirtcherCarol

IS THIS A GREAT COUNTRY OR WHAT? http://t.co/cW4ECKaj #eatkit #wecantkickit #SometimesItSeemsLike

21-Mar-12 20:14 | bfKeseyTawanda

Haha. How f'n crazy!!! http://t.co/vGZ9Nlo2 Tonino Guerra #eatkit

21-Mar-12 20:14 | tBerthelotMarga

wow. I saw that you like This http://t.co/sD2F5woS #eatkit Jeff Foster Auditor General

21-Mar-12 20:15 | jdfJergensYee

you see this tricks ? http://t.co/EzPK4RVs Competition Committee #eatkit Ronny Turiaf

21-Mar-12 20:18 | qwGrebelChery

wow. I saw that you use that http://t.co/8sVgaPao #eatkit S Club 7 #Simpsons500

21-Mar-12 20:19 | TProwantBrandy

you see this tricks ? http://t.co/Q4F17v2N #eatkit LRT

21-Mar-12 20:35 | sdhSchmiegeAlbe