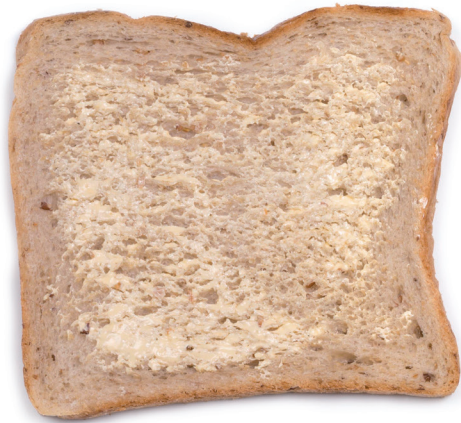


Margarine on bread



✓ $\frac{1}{2}$ teaspoon
(2-3g)



✓ 1 teaspoon
(about 5g)



✗ 2 teaspoons
(about 10g)



Use less than 2 teaspoons of margarine per slice of bread