

Butter vs Margarine (vsdiff.com)

Attribute	Butter	Margarine
Primary origin	<i>Animal fat</i> — churned cream (milk)	<i>Vegetable oils</i> — processed (<i>soy, sunflower, rapeseed</i>)
Fat content	Typically ~ 80-82% milk fat	Varies widely: ~ 10% (light) to ~ 80% (block)
Key health points	Higher <i>saturated fat</i> and dietary cholesterol	May contain <i>trans fats</i> historically; modern formulations often use non-hydrogenated oils
Flavor & cooking	Richer buttery flavor; better for <i>browning</i>	Neutral to varied flavors; some formulations spreadable at fridge temp
Environmental	Typically <i>higher GHG</i> footprint per kg (dairy)	Depends on oil source; lower for many vegetable oils but varies
Price & availability	Often more expensive per kg (dairy market)	Generally <i>cheaper</i> and widely available

Source: <https://vsdiff.com/butter-vs-margarine/>