



Here is a simple conversion guideline to help you continue to expand your use of 100% Extra Virgin Olive Oil rather than of any Saturated Fat or Hydrogenated Fat.



| Butter/Margarine | Olive Oil |
|-------------------|-----------------------------------|
| 1 teaspoon | $\frac{3}{4}$ teaspoon |
| 1 Tablespoon | 2 $\frac{1}{4}$ teaspoons |
| 2 Tablespoons | 1 $\frac{1}{2}$ Tablespoons |
| $\frac{1}{4}$ Cup | 3 Tablespoons |
| $\frac{1}{3}$ Cup | $\frac{1}{4}$ Cup |
| $\frac{1}{2}$ Cup | $\frac{1}{4}$ Cup + 2 Tablespoons |
| $\frac{2}{3}$ Cup | $\frac{1}{3}$ Cup |
| $\frac{3}{4}$ Cup | $\frac{1}{2}$ Cup + 1 Tablespoon |
| 1 Cup | $\frac{3}{4}$ Cup |

to taste, to enjoy, to savour

www.gustareoliveoil.com