



## Is **butter** good for our brain?

Check out the positive effects of butter on the brain.



## Butter nutrition

**One tablespoon (14 grams) of butter provides the following nutrients (1Trusted Source):**

Calories: 102  
 Total fat: 11.5 grams  
 Vitamin A: 11% of the Reference Daily Intake (RDI)  
 Vitamin E: 2% of the RDI  
 Vitamin B12: 1% of the RDI  
 Vitamin K: 1% of the RDI



## Benefits for Brain

- Butter is rich in vitamins A, E, K and D, as well as trace minerals such as selenium (a powerful antioxidant). Butter also has appreciable amounts of butyric acid (known to be an anticarcinogen). And yes, butter is a source of cholesterol, which is needed to maintain intestinal health as well as for brain and nerve development in children.
- It also helps in children's brain and nervous system development. But the best part about butter is that it tastes great. When shifting ones diet to using healthy fats as a primary fuel source, an improvement in memory by 40 percent is often shown, as well as strength and sleep improvement.



## The bottom line

High-fat dairy products like butter have been linked to a reduced risk of obesity, diabetes, and heart problems.

Still, butter is high in calories and saturated fat and should be enjoyed in moderation. It's best to consume it alongside a mix of heart-healthy fats like olive oil, avocado, nuts, seeds, and fatty fish.

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