

Justin's®

Justin's featured in Eat This Not That!® section in **Men's Health**

Nutella's primary ingredients are sugar and palm oil. Justin's meanwhile, puts heart-healthy hazelnuts, with their monounsaturated fats, first.



-Men's Health, March 2012



EAT THIS NOT THAT!

Chocolaty hazelnut spread

Justin's Chocolate Hazelnut Butter (2 Tbsp) Nutella Hazelnut Spread (2 Tbsp)

190 calories	200 calories
4 grams (g) protein	3 g protein
11 g carbohydrates	22 g carbohydrates
(3 g fiber, 7 g sugar)	(1 g fiber, 21 g sugar)
16 g fat	11 g fat
75 milligrams (mg) sodium	15 mg sodium

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