



Here is a simple conversion guideline to help you continue to expand your use of 100% Extra Virgin Olive Oil rather than 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

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