

Vegan Margarine options

Parve

Definition: Parve is a Hebrew term (pareve is the Yiddish term) describing food without any meat or dairy ingredients. Fish, eggs, fruits and vegetables are parve. **So, Parve means dairy free.** Many dairy free products will show this in small print making shopping easier!

Tubs

Overtly labeled as vegan/plant based. Some are soy free, some have olive or avocado oil.



Smart Balance- Labeled as dairy free, NOT labeled as vegan and may contain animal derived vitamin D.



Tubs

NOT labeled as vegan but do not contain dairy or overt animal ingredients-check product every time purchased to ensure ingredients have not changed. MANY of the accidentally vegan tub brands do NOT make their margarine sticks accidentally vegan! May contain animal derived vitamin D but for some products this varies by region in the US as the same brand might contain NO vitamin D.



Store brands- Aldi and Kroger



Sticks

Overtly labeled as vegan/plant based

