

Amazon

Amazon Oil Services



الأمازون للخدمات النفطية

December 2016

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General Manager

Welcome to the December issue,

2017

As we approach the end of 2016 we continue to flourish during what has been a further difficult year. AMAZON management once again recognises that this has only been possible by the continued support, patience and understanding of you, our employees. It was once again a pleasure to meet you all during my recent visit to Brega and we include some photographs in this newsletter.

Our clients continue to recognise your sterling and professional contributions to the success of their projects, which ensures additional future assignments once the overall situation returns to normality.

This year has seen the arrival of new members to the AMAZON family and unfortunately, the loss of some old friends. However we are optimistic that 2017 will see further additions to the family and possible new requirements from our Clients.

In conclusion, I personally wish to express my gratitude to each and every one of you for your continued support, understanding and trust. Together we will find 2017 less demanding and more productive.

On behalf of AMAZON Management we would like to thank you for your contribution to our success and as the New Year approaches us with hopes anew, here is to wishing you and your family a wonderful and prosperous year ahead.

Happy NEW YEAR

BEST WISHES ♥ FROM ALL OF US

2017





2016 continues to prove challenging in the Travel sphere of operation however we continue as always to find equitable solutions to unexpected events as they arise. Our employees continue to rotate to / from Libya even during these difficult times and indeed AMAZON still continues to welcome new employees to the 'family.'

Amazon Travel

As you will appreciate, the current fluid situation has proven to be an overall logistical nightmare however AMAZON continues to be diligent in their efforts to ensure seamless travel where possible on the dates as requested by yourselves. Where this has not been possible, we have sought an equitable compromise seeking as always your approval before the tickets are issued.

You should recognise that flights to / from Libya are not available on a daily basis and as such we require to use the airline available on the day to meet your requested travel schedule. Where possible, the same airline is used for departure and return flights. You should also be aware that the Libyan Airlines can change their schedules at short notice which has an impact on onward travel with the International Airlines.

You should take note that should there be a delay in flights from Libya which will have an impact on your onward flights to your home airport, you should advise us immediately as there is no formal relationship between Libyan Airlines and International Airlines which could result in your onward flights being cancelled and lost resulting from you not being available to catch said flight.

When tickets are issued we now include emergency contact details to ensure contact whilst in transit.

Likewise, It is important that AMAZON have your mobile phone contact details.

Commercially, we source Libyan tickets through Libyan based agents through our nominated agent in Malta which now results in you receiving an additional ticket for the Libyan leg of your journey however we continue to retain overall control in the event of unforeseen changes being required.

We would reiterate that once a ticket is agreed and issued, you recognise that AMAZON incurs a substantial penalty charge from the individual airlines should we be required to change a ticket so please ensure that any ticket changes are limited and justified. Further, should an employee make their own arrangements and procure alternative tickets without AMAZON prior approval, then they

could become liable for such costs.

We have, on occasion experienced the suspension of internal Brega flights by Petroair which thankfully are expediently resolved however have an impact on reservations already in the system requiring alternative reservations to be made at short notice.

In April, the Indian Government imposed a travel ban on Indian Nationals travelling to Libya. As you will appreciate, AMAZON cannot disregard such formal directives and as such Indian employees determined their personal response to such directives. When requested, we were able to determine suitable routes to ensure seamless travel to / from Libya.

Our current nominated route to / from Libya is via Istanbul although we also use Tunisia and Amman where required. As you are aware, certain nationalities require a Transit Visa for Istanbul whilst others are exempt. At this time, Indian Nationals cannot obtain a Transit Visa for Istanbul so their flights are arranged so that they connect with Libyan Airlines / Afriqiyah Airways / Libyan Wings flights on the same day.

Transit Visas are valid for 90 days with multi-entry so it is important that you retain this document for future travel use. AMAZON tracks the validity of these documents and will issue new ones as and when required.

As previous, the extortionate rates being charged for the Malta Charter flights due to inflated insurance premiums prevents us from considering this as a viable mode of transport.

AMAZON strongly advises that Indian employees travel with hand luggage only as they will be unable to collect their baggage in Istanbul as they cannot pass through Passport Control. [Unfortunately, some of our employees have experienced the loss of their baggage in the past due to this problem]

With regards to Canadian employees from Calgary, there are only certain days that we can route them direct without being required to travel via Ottawa. In such cases, they are advised on the closest date available to ensure direct flights.

As you are aware, Libyan Immigration rules now prevent Foreign Nationals boarding their flight in Istanbul to Libya unless they hold an approved document confirming the authenticity of their visa. This apparently is the result of fraudulent visas being in circulation. Accordingly, Foreign Nationals are issued with a Mitiga

Airport Approval document for their return journey to Libya. Whereas this requirement predominantly relates to certain nationalities, we issue all employees with this document in order to pre-empt any potential problems. The approved document is forwarded to you before you are due to return to Libya.

When you are required to obtain a new Business Visa or Passport whilst on vacation, employees must ensure that a copy of the new visa / passport is sent promptly to the Tripoli Office for their records as this has a material impact on other required documentation such as the now mandatory Mitiga Airport Approval.

On Friday 15th July there was an attempted military coup in Turkey. Whereas the coup failed, there was an obvious impact on flights to / from Europe's third largest hub, Ataturk Airport in Istanbul, and 35 flights were diverted and 32 flights cancelled during the coup attempt.

AMAZON's initial concern was what impact this would have on their employees who transit through Istanbul Airport and we continued to

monitor events to ensure that travel arrangements were not compromised in any way. AMAZON continues to have the welfare and safety of their employees as a priority and we trust that this gives our employees some comfort that we continue to monitor such random events closely.

We continue to emphasise the importance of submitting approved AMAZON Travel Request Forms to facilitate the arrangement of flights and that employees ensure that Brega flight connections are in place.

In conclusion, once again we have faced every possible unprecedented scenario and have determined viable solutions to same and have been able to continue operating as normal within reason and we have you, the employee, to thank for your understanding and perseverance during these difficult times.

Needless to say, unfortunately the 'Force Majeure' status still exists pending the resumption of International carriers to Libya following the closure of Tripoli International Airport on the 13 July 2014 and stability returns.

Employee Profile

Mr. **Joshua Ellis**

Role: **Sr. Projects/Mechanical Engineer**



Joshua has over 30 years experience in Project Management and Mechanical Engineering in the Oil & Gas and Petrochemical Industries, including a short spell in the Gold Mining Industry.

He has B.Sc. in Mechanical Engineering and MSc. in Computer Aided Product Development in

SDRC Ideas Applications. Mr Ellis has been seconded to Sirte Oil Company (SOC) as a Senior Projects/Mechanical Engineer through Amazon Oil Services, before the Libyan Revolution.

During the revolution Amazon Oil Service demobilised all its employees on the advice of SOC, whereby the Brits, North America and European countries nationals were evacuated from Brega via Benghazi to Malta. Employees were personally welcomed by Amazon Travel Agent – Charles Stivala – and put in 5 star hotel prior to their departing to home countries.

Shortly after the revolution, Amazon was requested to mobilise and Joshua returned to SOC. Joshua is a dynamic engineering professional with transferable leadership and

consultancy skills honed on a portfolio of global oil, gas and petrochemical projects.

He completes complex initiatives to high-quality standards, tight deadlines and financial constraints with emphasis on Health & Safety (H&S) compliance.

Joshua applies a logical approach to achieve detailed technical designs and specifications. He rapidly adapts to cultural diversity and fast-paced workplaces, retaining a calm demeanor in pressurised environments.

His interests include getting to know and understand other cultures and general physical activities.

7 Wonder of the World

The Colosseum

The Colosseum is an oval amphitheatre in the centre of Rome, Italy. Built of concrete and sand, it is the largest amphitheatre ever built. The Colosseum is situated just east of the Roman Forum. Construction began under the emperor Vespasian in AD 72, and was completed in AD 80 under his successor and heir Titus. The Colosseum had been completed up to the third story by the time of Vespasian's death in 79. The top level was finished by his son, Titus, in AD 80, and the inaugural games were held in A.D. 80 or 81.

The building was remodelled further under Vespasian's younger son, the newly designated Emperor Domitian, who constructed the hypogeum, a series of underground tunnels used to house animals and slaves. He also added a gallery to the top of the Colosseum to increase its seating capacity.

The Colosseum could hold, They were seated in a tiered arrangement that reflected the rigidly stratified nature of Roman society. Special boxes were provided at the north and south ends respectively for the Emperor and the Vestal Virgins, providing the best views of the arena.

It was used for gladiatorial contests and public spectacles such as animal hunts, executions, re-enactments of famous battles, and dramas based on Classical mythology.

The building ceased to be used for entertainment in the early medieval era.



Due to the ruined state of the interior, it is impractical to use the Colosseum to host large events; only a few hundred spectators can be accommodated in temporary seating. However, much larger concerts have been held just outside, using the Colosseum as a backdrop.

Although partially ruined because of damage caused by earthquakes and stone-robbers, it is still an iconic symbol of Imperial Rome. The Colosseum is today one of Rome's most popular tourist attractions, receiving millions of visitors annually.

The effects of pollution and general deterioration over time prompted a major restoration programme carried out between 1993 and 2000, at a cost of 40 billion Italian lire.

it is estimated, between 50,000 and 80,000 spectators, having an average audience of some 65,000.



Geological and environmental features around BREGA REGION, LIBYA

Part 2

Beach rocks are the consolidated deposits resulting from lithification by calcium carbonate of sediment in the intertidal and spray zones. They are formed in the tropical to subtropical climate belts under a thin cover of sediment that overlies the unconsolidated sand. The sea water, supersaturated with calcium carbonate and high temperatures, within the beach sediments is a necessary condition for cementation and thus for the formation of beach rocks. Mediterranean coastal Quaternary deposits of NE Libya are represented by the Ajdabiya Formation, sabkhas, aeolian deposits, beach and coastal sand dunes and alluvium deposits.

By Dr. Arun Kumar

Continued from the previous issue

d. Beachrocks.

Beach rocks are the consolidated deposits resulting from lithification by calcium carbonate of sediment in the intertidal and spray zones (Scoffin and Stoddart, 1987).

They are formed in the tropical to subtropical climate belts between latitudes 35°N and 35°S under a thin cover of sediment that overlies the unconsolidated sand. The sea water, supersaturated with calcium carbonate and high temperatures, within the beach sediments is a necessary condition for cementation and thus for the formation of beach rocks.

Beach rocks typically consist of multiple layers resulting from multiple episodes of cementation and exposure and dip seaward (4 - 10°) as the internal beach bedding.

Thickness of beach rocks ranges from a few centimeters up to 5 meters with approximately 2 meters being the most common (Turner, 2005). About 200 m long and discontinuous outcrops of the beach rocks are located on the southwestern end of

the Brega Area One beach (Figures 2 and 4E, F, G, H). They are almost horizontal or gently inclined towards the sea; their maximum thickness is close to one meter. These rocks are very hard, of grey to dark grey color and are exposed along the sea coast (Figure 4E). These rocks are characterized by numerous circular to sub-circular holes of various diameters and depths (Figure 4E).

Although most of these holes are isolated occasionally they may get joined into multiple holes of various diameters. The origin of these holes cannot be explained conclusively but they appear to be the result of constant wave action on the beach. Often these holes are filled by floating crude oil (Figure 4F). The source of this crude oil is from leakages and spills while crude oil is being pumped into large ships for export. Brega is a major crude oil exporting sea port in Libya.

Although crude oil pollution in the Mediterranean Sea off Brega is not common minor leakages and spills cannot be ruled out.

Thus scattered small patches of dried crude oil can often be seen around the coast of Brega. Mostly these rocks are unfossiliferous; however,

fossil corals (Figure 4G) and fossil gastropods (Figure 4H) have been observed in these rocks.

e. Sand dunes and sheets with beach balls.

Mediterranean coastal Quaternary deposits of NE Libya are represented by the Ajdabiya Formation, sabkhas, aeolian deposits, beach and coastal sand dunes and alluvium deposits (Tawadros, 2012).



"Beach Balls" that occur mixed with sand in the sand sheets and sand dunes (Figure 5A).



The Holocene sediments around Brega include coastal and inland sand dunes, and sand sheets. There are a large number of sand dunes of various sizes that occur all over this region. One very striking feature of the Mediterranean Sea beaches around Brega is the presence of millions of “Beach Balls” that occur mixed with sand in the sand sheets and sand dunes (Figure 5A).

These balls are of various sizes ranging mostly between 3 and 10 cm in diameter, spherical or semispherical and oval in shape. They are spread all along the beach and at times mark the limits of the waves reaching on land. They are made of fibers entangled around some kind of nucleus, also known as Egagropili (*Posidonia* spheroids), a technical term used to describe spherical or oval light brown, felt textured, agglomerates generated by the progressive disintegration of fibrous leaves residue which surrounds the rhizome of the *Posidonia* plant (Kumar 2014B).



“Beach Balls” that occur mixed with sand in the sand sheets and sand dunes (Figure 5A).

Beach balls of various sizes form part of the sand ripple (Figure 5B) and in due course of time large sand dunes mixed with beach balls have been formed along the Mediterranean coast (Figures 5B and C).

1. Stratigraphy of the Brega area.

Stratigraphy of the Brega area was published by this author (Kumar, 2014A) and based on further work a modified stratigraphy has been proposed (Kumar ms). The Brega Sandstone Bed is the oldest stratigraphic unit that outcrops in the Brega area; it has been shown to be equivalent to the lower part of Member V of the Pliocene Sahabi Formation whereas the upper part of Member V is represented by medium to coarse grained, greyish-greenish, thinly bedded sandstone with pebbles that outcrops at the sea coast section.

The overlying stratigraphic unit is the Ajdabiya Formation of Pleistocene age composed of marine dunes. The beach rocks at the southwestern end of the Brega Area One beach are considered to be younger than the Ajdabiya Formation. There is no stratigraphic contact between the two and the age of the beach rocks is unknown.

However, due to the active nature of the sandy coast along this beach and well known Quaternary sea-level oscillations in the Mediterranean Sea it is postulated that this beachrock is less than a few thousand years old.

Holocene sand sheets and dunes mixed with beach balls overlie the beach rocks and the Ajdabiya Formation and thus are the youngest

sediments in the Brega area. The revised stratigraphy of the Brega area is shown in Table-1 (Kumar ms).

2. Trace fossils of the Brega.

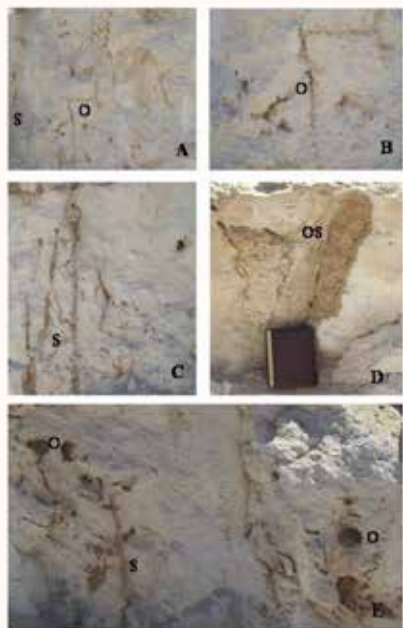
Sandstone Bed The ichno faunal assemblage of the Brega Sandstone Bed is dominated by various types of vertical, oblique and horizontal burrows that are branched and unbranched (Figure 6).

They are dominated by ichnogenera *Ophiomorpha* and *Skolithos*. The trace fossils assemblage or the ichnocoenose is dominated by these two ichnogenera belonging to the marine soft ground *Skolithos* ichnofacies. Lithology of the ‘Brega Sandstone Bed’ and its ichnocoenose indicate a shallow marine, intertidal to shallow subtidal, moderate to high energy depositional environments. Figure 6 displays various types of trace fossils reported from the Brega sandstone Bed (Kumar, 2014A).

3. Shallow lagoons and coastal sabkhas.

Mediterranean coastal Quaternary deposits of NE Libya are represented by large numbers of sabkhas, aeolian deposits, beach and coastal sand dunes and alluvium deposits, in addition to the Ajdabiya Formation (Tawadros, 2012).

Lagoons are a stretch of salt water separated from the sea by a low sandbank or coral reef and are common coastal features around the world Sabkhas are described as (website 3) “A flat area between a desert and an ocean, characterized by a crusty surface consisting of evaporite deposits (including salt, gypsum, and calcium carbonate),



Trace fossils of the Brega Sandstone Bed (Figure 6).



Aerial photographs of the Mediterranean Sea coast near Brega showing shallow lagoons, sabkhas and a paleo-channel (Figure 7).

windblown sediments, and tidal deposits. Sabkhas form primarily through the evaporation of sea water that seeps upward from a shallow water table and through the drying of windblown sea spray.”

These are areas of coastal flats subject to periodic flooding and evaporation, which result in the accumulation of aeolian clays, evaporites, and salts, typically found in North Africa and around the Arabian Peninsula. Shallow lagoons of various sizes and sabkhas are common along the Mediterranean coast west of Brega (Figures 7 A, B, and C). Sometimes Quaternary paleo-channels are seen to connect these lagoons (Figure 7D). Figure 8A shows presence of extensive development of sand dunes close to a shallow lagoon and sabkha west of Brega along the Mediterranean coast.

Kumar and Abdullah (2011) provide an extensive overview of the origin, morphology and distribution of various types of desert forms including sand dunes, sabkhas and playas of the Rub’ al Khali Desert of the Southern Arabian Peninsula.

4. Quaternary paleo-streams.

If one flies from Tripoli to Brega (Figure 1) in the northern regions of Africa one may notice several remnants of paleo-streams that

flowed in the past from southern highlands northward into the Mediterranean Sea. During my several flights in this vast region I noticed that many such paleo-streams exist in the western side than towards the Brega region.

Figure 8D shows such a paleo-stream and Figure 7D shows a paleo-stream that drained sometimes during Quaternary into a shallow lagoon located west of Brega. These remnants of paleostreams indicate that during Quaternary there were episodes of wet and humid conditions in the Mediterranean region of North Africa.

Quaternary climatic oscillations and sea-level changes in the Mediterranean Sea have been well studied and documented from various parts of North Africa and Southern Europe (Lewin et al. 1995). Throughout the Quaternary Period the North African landscape varied between a dry arid environment and a wet humid environment.

During wet periods heavy rainfalls in the highlands gave rise to several small and large streams that flowed northward and drained into the Mediterranean Sea. The introductory chapter in Levin et al. (1995) physiographically defines

the Mediterranean Basin, examines Quaternary environmental changes in the region, and provides a synopsis of alluvial settings highlighting past and contemporary river environments.

They (op cit.) summarize the climate events as follows: “Quaternary climate fluctuations in the Mediterranean Basin can be related to shifts in the boundaries, and influence of, mid-latitude and subtropical weather systems, which resulted in significant changes in the seasonality and geographic distribution of precipitation in the region. Humid and arid phases of climate have been characteristic of both the Late Pleistocene and Holocene.”

About the Author

Dr. Arun Kumar is a retired Research Scientist and Professor from the Research Institute, King Fahd University of Petroleum Exploration (KFUPM), Dhahran in Saudi Arabia. At present he is associated with the Department of Earth Science, Carleton University in Ottawa, Canada.



The mystery behind AMAZON's success as an oil service company is that the management cares for their employees in an extraordinary way; always striving to go the extra mile. There may be several other good reasons for Amazon triumph but as an Amazonion I am going to narrate some of my own experiences and stories that relate to the same subject. But I consider it more prudent to introduce myself first to those I never had a chance to meet.

A blog from a proud Amazonian

AMAZON CARES

By Mohamed Wani

I am a Chemical Engineer with 25+ years of highly diversified experience in all three facets of petroleum industry that is mainly divided into up (wellheads and reservoirs), down (refineries and petrochemicals) and midstream (pipelines and gathering networks) sectors. Since earning my Master degree from University of Cambridge, England I have travelled half the globe and traversed several continents in pursuing my professional goals. My association with Amazon dates back to year 2010 and I am proud to be an Amazonion from United States of America. Allow me to delve into the secrets of Amazon success that in my opinion revolves around the following five pivotal points:

- a. Family of Professionals
- b. Personal Touch
- c. Tranquility
- d. Luxury Travel & Comfortable Hotel Stay
- e. Amazon On-site Meetings

a. Family of Professionals

Most of Amazonians are working in Marsa El Brega; an industrial camp type town of SOC; Sirte Oil Company. SOC assets are huge that spread hundreds of miles of oil&gas reservoirs, wells, pipelines, and satellite stations that are all feeding a central processing facility of Marsa El Brega equipped with a world class oil export terminal originally designed and built by ESSO, USA. Amazon has an army of engineers and technical staff of almost all disciplines (civil, mechanical,

electrical, chemicals and instruments and control) contributing to SOC success as an oil producer and exporter.

The work atmosphere is so friendly that everyone knows everyone. Amazon engineers come from different parts of world and it may not be so farfetched to call it a mini United Nation that is always open to spreading its wings irrespective of race, color, and point of origin. Helping each other not only technically but also in other aspects of life. All Amazonians have access to all the facilities Amazon have arranged with the help of SOC. It includes spiritual, social, entertainment, athletic, housing and dining facilities. The credit of making it all accessible to Amazonians goes to the man behind the scene the Chief of Amazon Mr. Ahmed El-Ghali. Mr. Ahmed himself is a past employee of finance department of SOC. Knowing almost everyone in top echelons of SOC Mr. Ahmed is always on the lookout for chances to get more involved in expanding or improving his circle of professionalism locally and globally.

b. Personal Touch

Referring to my thoughts I have put down in par a) above you can draw your own conclusion that Amazon is not an ordinary company. It has its own unique values, standards, and codes of ethics. I have worked for many different companies but I never found this rather rare feeling of personal touch that I find in Amazon ways of taking care of its employees. Here is a small example that I like to quote for explaining my



points of views on personal touch. *"I was on my way back to work from Houston, USA to Tripoli, Libya. The flight got delayed in Houston. I missed the connecting flight in London. I was supposed to collect my luggage at Heathrow airport and check it in again but I did not do so assuming that all my suitcases are booked all the way to Tripoli. Guess what, I did not receive my luggage at Tripoli and had nothing of my daily use items including clothing, shaving etc. Mr. Ahmed instructed the driver to take me to the market immediately and I picked up some items of basic necessities and was feeling so relaxed and satisfied all due to this unique characteristic of Amazon what I have labeled as "Personal Touch". Not many companies will do a thing like that for their employees. I still have those personal touch items and cherish using them as good memories of working for Amazon."*

Every Amazonian knows that he or she will not be stranded travel-wise and timely help is always available no matter where you are. Needless to stress upon the system that Amazon has put together to negotiate currently prevailing difficult times and mind you it is all but temporary difficulties and Amazon is fully aware of this and stays ready to do its best to resolve the issues.

In the end on personal touch I like to mention getting "HappyEids", Happy New Year cards that always come to me as reminders of being a proud Amazonian.

c. Tranquility at Work Site

How you perceive tranquility is a personal matter just like a well known proverb “ the beauty is in the eyes of a beholder”. I personally found Marsa El Brega a highly tranquil place very different than the big cities hustle and bustle. So quiet and calm that sometimes I felt that no one is living beside me. I was there soon after the war ended and I used to hear all kind of skirmishes but not in Brega. It has now become even more tranquil.

My week-end hobby was to jog from my guest room to the beach distant at about 2-3 miles. Talking of tranquility it will be rude not to mention the pristine clear waters of Brega beaches. Mediterranean sea hugs the Brega shores that are kept open to public twenty four seven. Sometimes I found a fairly big size fish trapped in water puddles surround by small beach rocks ready to be picked. Even if you do not know how to swim it is healthy just to sit and relax in sea water and soak your body and also absorb some of the important mineral as one Russian colleague of mine pointed out to me.

d. Luxury Travel/ Comfy Hotels/ Site Seeing

For long distance travelers like myself it is a special perk from Amazon to allow you to travel business class that sometime gets

upgraded to first class by the airlines at no extra cost. I call it a luxury travel because after visiting oilfields in a company provided propellers planes it seems like luxury especially when you happen to land in the first class. Being a business class traveler it pays to bypass long waiting lines when the airports are crazily crowded. In my case I was able to avoid missing a flight once and was the last passenger to board at the very last minute door closing in progress just because I succeeded saving on wait time during the check-in.

As Amazon chief says that we want our long travel employees to be comfortable and not so exhausted reaching the work place a great caring thought from the big guy. I used to get the visa documents all pre-arranged and never had any problem sending them to the Libya embassy in America via FedEx overnight delivery and get the visa stamped on my passport in not more than 5 business days.

Amazon travel department has a network association with good class comfortable hotels located in vicinity of major airports. Once I stayed at a Turkish airport of Istanbul and hotel was a bit distant from the airport. All taxi fares and temporary visa expenses were reimbursed to me. Amazon will try its best to arrange visits to historical places - Leptis Magna and Sabratha. Once I had

an arranged tour to this heritage archaeological site. Amazon driver took me there and brought back to hotel a day well spent in Tripoli.

e. Amazon On-Site Meetings

It is customary for Amazon chief to arrange dinner meetings at site with an objective to listen to employees preferences, any grievances, and prevailing issues. These dinner meetings became periodic to be held once every quarterly or so. During these meetings we get to know each other with particular reference to new employees. It helped everybody settle at work place more amicably.

Apart from dinner meetings Amazon arranged a new era of safety meetings in association with SOC safety department.


All the above items I described reflect one thing very strongly that Amazon cares a lot for its employees without any prejudice to race, color, religion, and nationality.

And I mention it again that it is a kind of mini United Nations.

General Manager Response

We thank you for your kind words and it is Amazon's goal to treat all employees as family and further to ensure that employees get the best service and comfort.


Ahmed Ghali



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Eating loads of processed biscuits will do you harm but eating a teaspoon of butter on your broccoli won't unless you have a medical condition that means you should have a diet low in fat.

Butter VS Margarine.

It's the slippery argument that's divided researchers for decades – is butter or margarine better for our health? Years ago, butter was a no-no. Vegetable-oil-based margarines surged in popularity as doctors began to understand the dangers of saturated fat.

But just when we thought we had the answer, that saturated fats like those found in butter aren't bad for us as previously thought, another study will be published that will say the opposite. It's a topic that will be argued for years to come.

The experts claim some margarine have unhealthy trans-fat, while others have confusing health claims. Meanwhile, some say butter is an "all-natural" choice.

Experts say when choosing a spread to follow these guidelines. Choose a blend with the least amount of saturated fat and zero trans-fat. Check the ingredients: If it says partially hydrogenated oils, it still has some trans-fat (less than 0.5 gram per serving), even if the label

says trans-fat free.

By definition, it contains at least 80% milk fat by weight. So what are the main differences between the 2?

Margarine

Health guidelines advise that men and women limit their saturated fat intake to 30g and 20g respectively per day, and reduced-fat spreads like olive oil or sunflower are recommended as good replacements for butter. According to research most brands of margarine now contain no, or only trace elements of, industrially produced "trans fats" that are now known to increase the risk of heart disease, stroke and possibly Type 2 diabetes.

During the Second World War, British margarine brands were legally required to add vitamins to their recipes, and most have continued to do so to bolster their image as a healthy alternative to butter. Most brands are fortified with vitamins, omega-3s and additives that claim to lower



cholesterol. Some include olive oil or even butter.

Butter

When it comes to flavour, rich, creamy butter wins every time and because it is full fat, it is more satisfying and fills us up for longer. Butter is also one of the best dietary sources of Vitamin A, and also contains vitamins E, K and D and is a rich source of selenium. Many nutritionists advocate eating butter in moderation, says it's a question of balance. One such nutritionist has quoted saying "We know saturated fat isn't great in excess, but neither would eating excessive amounts of kale be good for you." Some advice given about the use of butter is showing a little restraint when applying butter to toast – try keeping butter out of the fridge, as it's easier to spread thinly at room temperature.

Photo Gallery



Amazon

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