



- 1 MYTH: It is Artificial**
FALSE! Mayonnaise starts with three basic common household ingredients: eggs, oil, and vinegar. In fact, since January 2017, all Hellmann's Mayonnaise Dressing (excluding Vegan Dressing & Sandwich Spread) available in the U.S. are made exclusively from cage-free eggs.
- 2 MYTH: Contains 'Bad' Fats**
FALSE! The Dietary Guidelines for Americans recommend to shift food choices from those high in saturated fats to those high in polyunsaturated and monounsaturated fats. Hellmann's options can be part of an overall balanced and healthy diet, as they are made with plant-based oils with monounsaturated and polyunsaturated fatty acids with essential fats, such as omega-3 alpha linolenic acid (ALA).

*Real Mayonnaise contains 680mg ALA per serving, which is 43% of the 1.6g Daily Value of ALA, 10g fat and 1.5g saturated fat.
 Light Mayonnaise contains 220mg ALA per serving, which is 14% of the 1.6g Daily Value for ALA, 3.5g fat and 0.5g saturated fat.
 Avocado Oil Mayonnaise Dressing contains 320mg of ALA per serving, which is 20% of the 1.6g Daily Value for ALA, 7g fat and 1g saturated fat.
 Sunflower Mayonnaise Dressing contains 320mg of ALA per serving, which is 20% of the 1.6g Daily Value for ALA, 7g fat and 1g saturated fat.
 Canola Cholesterol Free Mayonnaise contains 310mg ALA per serving, which is 19% of the 1.6g Daily Value of ALA, 4g fat and 0g saturated fat.
- 3 MYTH: Can't Fit in the Diet or Lifestyle I Follow**
FALSE! Hellmann's has a variety of options for many dietary and lifestyle preferences ranging from 35-100 calories per serving, while providing essential fats such as Omega-3 ALA*. Whether you are looking for Gluten Free, Dairy Free, Organic or Vegan, Hellmann's has an option for you.

	Calories	Total Carbs per serving	Sugar-Free* <small>*Not a low-calorie food. Trivial amount of sugar added</small>	Gluten Free	Vegetarian (Lacto-Ovo)	Vegan	Dairy-Free
Real Mayonnaise	90	0g	X	X	X		X
Extra Creamy Mayonnaise	100	0g	X	X	X		X
Olive Oil Mayonnaise Dressing	60	<1	X	X	X		X
Light Mayonnaise	35	1g	X	X	X		X
Avocado Oil Mayonnaise Dressing	60	<1g	X	X	X		X
Sunflower Oil Mayonnaise Dressing	60	<1g	X	X	X		X
Vegan Dressing & Sandwich Spread	90	<1g	X	X	X	X	X
Organic Mayonnaise	100	0g	X	X	X		X
Canola Mayonnaise Dressing	40	1	X	X	X		X

*Products subject to change

- 4 MYTH: It is high in Cholesterol**
FALSE! Hellmann's mayonnaise and mayonnaise dressings contain a small amount of cholesterol with 10mg (3%DV) or less per 1 tbsp serving, coming from the eggs, which function as an emulsifier.
- 5 MYTH: It is just a condiment**
FALSE! Hellmann's is quite a versatile ingredient that can be used in a variety of recipes beyond sandwiches to help encourage the intake of positive food groups such as vegetables, whole grains and lean protein, especially when it is used in a variety of dips, salad dressings, salads, spreads, casseroles or protein dishes.



Quinoa and Kale Salad with Fresh Herbs

6 SERVINGS - PREP TIME: 15 MINS



- 3/4 cup Hellmann's® or Best Foods® Vegan Carefully Crafted Dressing and Sandwich Spread
- 1/4 cup finely chopped shallots
- 1/4 cup chopped fresh dill or parsley

- 2 Tbsp. white balsamic vinegar
- 1 Tbsp. Maille® Dijon Originale Traditional Dijon Mustard
- 3 cups cooked quinoa
- 3 cups baby kale or 3 cups chopped kale leaves

Combine Hellmann's® or Best Foods® Vegan Carefully Crafted Dressing and Sandwich Spread, shallots, dill, vinegar and mustard in large bowl. Add quinoa and kale and toss to coat. Serve chilled or at room temperature.

Also terrific with Hellmann's® or Best Foods® Light Mayonnaise® or Hellmann's® or Best Foods® Mayonnaise Dressing with Olive Oil.

Nutrition information per serving: Calories 300, Total Fat 20g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrate 26g, Dietary Fiber 3g, Sugars 3g, Protein 6g, Vitamin D 0mcg, Calcium 6%, Iron 10%, Vitamin C 70%, Vitamin A 70%

Spinach & Almond Crusted Chicken

6 SERVINGS - PREP TIME: 10 MINS - COOK TIME: 20 MINS



- 1 cup loosely packed baby spinach leaves, chopped
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 Tbsp. chopped almonds

- 2 Tbsp. plain dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- 6 boneless, skinless chicken breast halves (about 1-1/2 lbs.)

1.) Preheat oven to 425°.

2.) Combine all ingredients except chicken in medium bowl. Arrange chicken on baking sheet, then evenly top with Mayonnaise mixture.

3.) Bake 20 minutes or until chicken is thoroughly cooked.

Nutrition information per serving: Calories 180, Total Fat 7g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 75mg, Sodium 190mg, Total Carbohydrate 1g, Dietary Fiber 0g, Sugars 0g, Protein 25g, Calcium 2%, Iron 4%, Vitamin C 4%, Vitamin A 4%

Cilantro-Lime Pineapple Chicken Skewers

6 SERVINGS - PREP TIME: 10 MINS - COOK TIME: 8 MINS



- 10 Tbsp. Hellmann's® or Best Foods® Light Mayonnaise or Hellmann's® or Best Foods® Mayonnaise
- 2 Tbsp. fresh lime juice
- 2 Tbsp. chopped fresh cilantro leaves
- 1 clove garlic, finely chopped
- 1 boneless, skinless chicken breasts or chicken thighs, cut into chunks

- 2 large red bell peppers, cut into 1-inch pieces
- 2 cups fresh pineapple chunks
- 1 large zucchini, halved lengthwise, cups baby kale or 3 cups chopped kale leaves cut crosswise into bite-size pieces
- 3 cups hot cooked brown rice

Combine , Hellmann's® or Best Foods® Light Mayonnaise, lime juice, cilantro and garlic in small bowl; reserve and set aside 1/2 cup.

Alternately thread chicken, vegetables and pineapple on 6 (12-inch) skewers**, then brush with remaining mayonnaise mixture.

Grill or broil skewers, turning once, until chicken is thoroughly cooked and vegetables are tender, about 8 minutes. Brush with some of the reserved mayonnaise mixture.

Serve with remaining reserved mayonnaise mixture as a dipping sauce. Serve with hot cooked rice.

**If using wooden skewers, soak in water at least 15 minutes prior to use.

Nutrition information per serving: Calories 300, Total Fat 8g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 55mg, Sodium 310mg, Total Carbohydrate 36g, Dietary Fiber 4g, Sugars 10g, Protein 20g, Calcium 4%, Iron 8%, Potassium 620mg, Vitamin C 150%, Vitamin A 30%

Lentil Citrus Salad with Goat Cheese

4 SERVINGS - PREP TIME: 20 MINS



- 3 Tbsp. Hellmann's® or Best Foods® Organic Original Mayonnaise
- 1 Tbsp. apple cider vinegar
- 1/2 tsp. salt
- 1/4 tsp. ground ginger
- 1/8 tsp. ground black pepper

- 1 cup lentils, cooked and cooled
- 4 small, roasted, peeled fresh beets, julienned
- 2 medium oranges, peeled and sliced
- 1/2 cup crumbled goat cheese
- 1/4 cup chopped fresh cilantro or parsley

Combine Hellmann's® Organic Original, vinegar, salt, ginger and pepper in medium bowl.

Add lentils to bowl and toss to coat. Arrange on serving platter, then top with beets, oranges, goat cheese and cilantro; toss.

Tip: To save time, use drained canned beets in place of fresh beets.

Nutrition information per serving: Calories 330, Total Fat 13g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 25mg, Sodium 490mg, Total Carbohydrate 41g, Dietary Fiber 14g, Sugars 11g, Protein 17g, Calcium 6%, Iron 30%, Vitamin C 40%, Vitamin A 2%