

# Nutella

Nutella's logo (1970-present)

Nutella on toast, served with a pitcher of milk.

**Nutella** is the [brand](#) name of an [Italian](#) sweetened [hazelnut](#) chocolate spread.<sup>[1]</sup> Manufactured by the [Italian](#) company [Ferrero](#), it was introduced to the market in 1964. Nutella has 200 calories per jar.<sup>[2]</sup>

## History

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*Pietro Ferrero*, Nutella's creator, owned a bakery in [Alba](#), an Italian town known for the production of hazelnuts. In 1946, he sold the first 300 kg (660 lb) batch of *Pasta Gianduja*, taken from Gianduja. Originally sold as a solid block, Ferrero started to sell a creamy version in 1951 as "*supercrema gianduja*".<sup>[3]</sup>

## Health

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Even though Nutella is one of the best-selling spreads in the world, with a jar of Nutella being sold about every 2.5 seconds, it's been shown to be very bad for human health when eaten regularly.<sup>[4]</sup> In just two tablespoons of Nutella, there are 21 grams of refined sugar, as well as 11 grams of fat (3.5 grams are saturated fat.) Nutella also has soy lecithin and vanillin, which are chemicals that are bad for human health.<sup>[5]</sup>

## References

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- ↑ [Nutella hands £4m job to Krow ahead of relaunch - Brand Republic News](#). Brandrepublic.com (2007-08-22). Retrieved on 2011-03-18.
- ↑ ["Hub Product | Nutella® USA | Official Website"](#).
- ↑ ["Our Heritage | Nutella® | Official Website"](#). *www.nutella.com*. Retrieved 2024-03-03.
- ↑ ["Is Nutella Bad for You?"](#). *New Health Advisor*. Retrieved 2024-03-01.
- ↑ ["Is It Bad For You? Get An Answer. Your Health Depends On It"](#).

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