



# **TRANS FAT**

## **1. What is Trans Fat?**

- Created through a process called hydrogenation by food manufacturers.
- Helps enhance shelf life and flavor in processed foods.

## **2. Why are Trans Fats harmful?**

- Contributes to development of diseases: heart disease, stroke, dementia, cancers, and diabetes.
- Raises LDL Cholesterol, which is the artery clogging type.
- Lowers HDL cholesterol meaning less artery cleaners in your blood stream.

## **3. Where are Trans Fats found in food?**

- Processed food like cake, cookies, crackers, chips, baked goods.
- Fried foods french fries, donuts.
- Margarine (especially stick variety).

## **4. How do I avoid Trans Fats?**

- Check your Nutrition Facts Label on the food package.  
Look under total fat for amount of Trans Fat.  
Amount listed is per serving size.
- Replace chips and crackers with fruit, vegetables and low-fat cheeses.
- Use olive oil instead of margarine. Use natural peanut butter, seeds and nuts to help raise HDL Cholesterol, the artery cleaners.
- Avoid or limit commercially fried foods from super market freezer, restaurants, and fast food menus.
- Look for trans free products in the grocery stores.
- The American Heart Association recommends keeping trans fatty acids to 2 grams daily or less.
- In restaurants, bakeries and other eateries, ask whether they use partially hydrogenated oils. If it is solid at room temperature, it is trans fat.
- Remember that polyunsaturated fat (corn, safflower, soybean oils) and monounsaturated fats (olive & canola oils) are the good fats and help raise HDL cholesterol.