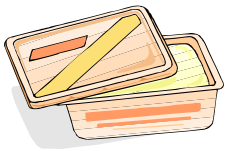
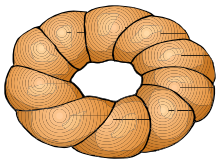
TRANS-FATTY ACIDS: What, another fat?



What are Trans-Fatty Acids?

Food manufacturers make trans-fatty acids or trans-fats through a process called hydrogenation. Hydrogen is added to vegetable oils to make them more solid at room temperature and to have a longer shelf life.



Where are they found?

Trans-Fatty Acids or trans-fats as they are most often called are found in:

- vegetable shortening
- margarines
- non-skim milk and dairy products
- cookies
- baked goods
- snack foods
- salad dressings
- fried foods
- processed foods

Why should I be concerned about Trans-Fatty Acids?

Recent studies have shown that a diet high in trans-fats can increase LDL (bad) cholesterol and decrease HDL (good) cholesterol. These changes in cholesterol levels can put you at an increased risk for cardiovascular disease (CVD) or heart disease. CVD is the leading cause of death in the United States.

How do I know if it is in the food I eat?

Trans fats can be found on a food label now by looking for the term "partially hydrogenated oil", "hydrogenated vegetable oil" or "shortening" in the list of ingredients. The Food and Drug Administration require that all food labels list the amount of Trans-Fatty Acids by January 1, 2006.

How much Trans-Fats should I eat?

The less trans fat, saturated fat and cholesterol you eat each day, the better to reduce risks for heart disease. Presently there is no minimum level set for trans fat.

Nutrition Facts

Serving Size 1/12 package (44g, about 1/4 cup dry mix)
Servings Per Container 12

Amount Per Serving	Mix	Baked
Calories	190	280
Calories from Fat	45	140
	% Daily Value**	
Total Fat 5g*	8%	24%
Saturated Fat 2g	10%	13%
Trans Fat 1g		
Cholesterol 0mg	0%	23%
Sodium 300mg	13%	13%
Total Carbohydrate 34g	11%	11%
Dietary Fiber 0g	0%	0%
Sugars 18g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%

* Amount in Mix

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

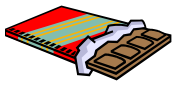
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tips for Lowering Trans-Fatty Acids

* **Use vegetable oils such as olive, canola, soybean, sunflower, safflower and corn.**
* **Use soft tub margarine that does not contain trans fat. Trans fat free margarines are available.**
* **Reduce intake of fast foods, processed foods and commercial foods such as baked goods and snack foods that contain hydrogenated or saturated fats.**
* **Consume at least 5 servings of fruits and vegetables each day.**
* **Choose 1% or less fat dairy products each day.**

The Top Ten Foods Containing Trans-Fat

- Pound cake
- Vegetable shortening
- Doughnuts
- French fries (fast food)
- Margarine (stick)
- Chocolate candy
- Chocolate chip cookies
- Crackers (high fat)
- Microwave popcorn (regular)
- Margarine (tub)



Commercial Foods made with Trans-Fats

- Pastries
- Doughnuts
- Crackers
- Cakes
- Cookies
- Corn chips
- Potato chips
- Salad dressing
- French fries
- Energy bars

For additional information contact:

American Dietetic Association— www.eatright.org
provides up-to-date information on dietary patterns

American Heart Association— www.americanheart.org
provides information about preventing heart disease and stroke

Food and Drug Administration— www.fda.gov
provides information on food, ingredients and labeling

National Heart, Lung and Blood Institute— www.nhlbi.nih.org
provides resources on how to analyze your diet, heart healthy diets and physical activity

National Library of Medicine— www.medlineplus.gov
provides quality health care information from the National Library of Medicine at the National Institutes of Health

Web MD Health— www.webmd.com/webmdhealth
provides health information

Your local public health dietitian/nutritionist

Commonwealth of Kentucky
Department for Public Health
Nutrition Services
275 East Main Street, HS2W-D
Frankfort, KY 40621-0001

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