



Nutrition *fact sheet*

Trans Fat

Trans fat has been spending its share of time in the headlines lately, and finally the news is looking up for you, the consumer. Trans fat still plays a major role in increasing the risk of heart disease. But, the good news is that trans fat is now required to be listed on the Nutrition Facts label of foods and more food producers are finding ways to avoid unhealthy trans fat in their products.



The bottom line: Armed with a little knowledge, you can make your way through the trans fat maze with flying colors, while reducing your risk for heart disease.

What is trans fat and where does it come from?

Trans fat is created when liquid vegetable oil is processed or “hydrogenated” into a solid fat. Partially hydrogenated vegetable oil looks and acts more like butter, lard and other saturated animal fats during baking, so it improves the taste and texture of baked and fried foods. Using trans fat also helps to extend the shelf life, stabilize the flavor and improve the texture of packaged foods.

Eventually, researchers found that trans fat, like saturated fat, raises LDL (lousy) blood cholesterol levels. Even worse, trans fat may decrease the HDL (healthy) blood cholesterol that helps protect against heart disease. Studies have found that trans fat can also increase heart disease risk in other ways that include increasing triglyceride levels and preventing blood vessels from dilating. The effects of trans fat add up to a powerful increase in the risk for heart disease—not a healthy fat!

Even though we are seeing a decrease in the amount of trans fat in packaged foods, you should still look out for trans fat in the following food categories:

- cookies, crackers, chips, microwave popcorn and other snack foods
- baked goods such as pies, cakes, pizza dough and donuts
- some stick margarines and vegetable shortening
- cake, pancake, and muffin mixes
- fried foods, including French fries, chicken nuggets, and hard taco shells

How can I tell if a food contains trans fat?

Even though trans fat is now listed on the label and many foods boast “Trans Fat Free” or “Zero Trans Fats”, snack foods, fried foods and packaged baked goods still may contain a high amount of fat and calories and should be eaten in moderation.

Your best defense:

- Learn how to identify trans fat in foods.
 - Check the Nutrition Facts panel on food labels, and avoid foods with trans fat.
 - Avoid foods that have the words “partially hydrogenated” in the ingredient list on the food label.
- Substitute unsaturated fats for the trans fats and saturated fats in your diet.
 - Choose moderate amounts of monounsaturated fats such as olive oil, canola oil, peanut oil, nuts and avocados. These monounsaturated fats may actually raise the HDL (healthy) cholesterol levels in the blood and help protect against heart disease.

Note: Food manufacturers can legally list 0 grams trans fat as long as the product contains less than 0.5 grams trans fat per serving. Products that list 0 grams trans fat but have partially hydrogenated oils in the ingredients should also be limited.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SOY LECITHIN (EMULSIFIER), MALTED BARLEY FLOUR.