

# Facts About Trans Fat

It is important to realize that fat is an important ingredient in our daily diet and is very important for growth, development, energy and good health. It is responsible for taste, consistency, and stability of food in addition to the feeling of fullness after a meal. Fat should not be completely eliminated from anyone's diet but it is important to understand the difference between good fats and unhealthy fats.

There are three main types of dietary fats: **unsaturated, saturated, and trans fat.**

Unsaturated fats come from plants, nuts and seeds and are "good" fats, such as olive, canola, peanut and corn oil. The unsaturated fats are classified into monounsaturated and polyunsaturated.

Unhealthy fats include the trans fatty acids (trans fat) and saturated fats. Although trans fat can occur naturally in small quantities in some animal products (meat and dairy), the majority of dietary trans fat is artificial. Artificial trans fat results from partial **hydrogenation** of plant oils. The process of hydrogenation can increase the shelf life and food flavor of the food item. Trans fat is commonly found in vegetable shortenings, some margarines (solid sticks), many crackers and cookies, snack foods, candies, baked and fried goods.

What trans fats can do to your body:

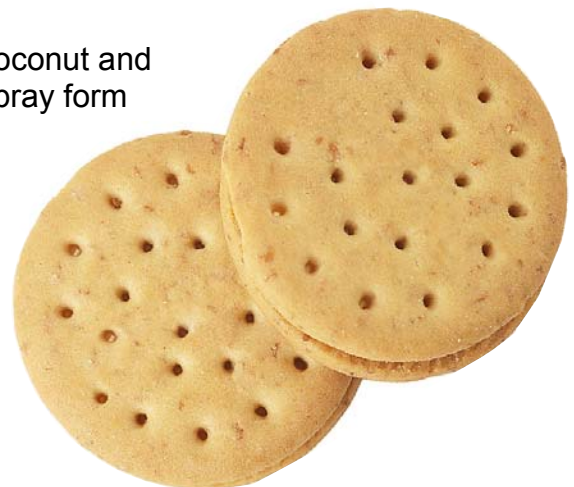
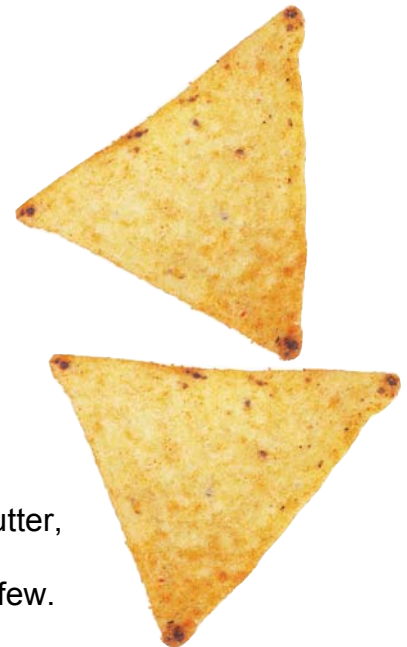
- It **raises bad cholesterol (LDL cholesterol)** as do saturated fats and dietary cholesterol and **decreases good cholesterol (HDL)**.  
*This results in an increased risk of coronary heart disease.*
- There is **no known safe acceptable limit** of trans fat in the diet.

In December 2006, the New York City Board of Health passed legislation banning the use of artificial trans fat in NYC restaurants (limiting trans fats to <0.5 g per serving). Packaged foods served in the manufacturer's original packaging are exempt. The implementation of this legislation has already started. Restaurants are to be in compliance by July 2008.

Saturated fats are found in many animal products such as whole milk, butter, cheese, chicken skin, pork and beef. High dietary cholesterol content is found in dairy fats, liver and other organ meats, and egg yolk to name a few.

What can YOU do?

- Change your diet by choosing vegetable oil (except coconut and palm kernel oil) and soft margarines in liquid, tub or spray form (hard sticks are high in trans fat and saturated fats).
- Decrease foods high in saturated fat and cholesterol.
- Add fruits and vegetables to your diet.
- Consider fish, which is lower in saturated fat than meats and may contain omega 3 fatty acid (sardines, salmon, mackerel), which is considered to protect the heart.



# Let's Compare...

The daily intake of saturated fats and cholesterol in the diet should be between 5-20% of average daily intake. When reading the food labels, consider the % in the context of your whole day consumption. Artificial trans fat should be 0 or less than 0.5%, but if you eat many servings of food with 0.5% trans fat, you may be taking in a lot of trans fat. You may want to start to look at the food label as shown below. Keep an eye on saturated fat, trans fat **and** cholesterol!



## Butter\*\*

Nutrition Facts		
Serving Size 1 Tbsp (14g)		
Servings Per Container 32		
Amount Per Serving		
<b>Calories</b>	100	Calories from Fat 100
% Daily Value*		
<b>Total Fat</b>	11g	17%
<b>Saturated Fat</b>	7g	35%
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	30mg	10%

**Saturated Fat: 7g**  
**+ Trans Fat: 0g**  
**Combined Amt: 7g**  
**Cholesterol: 10 % DV**

## Margarine, stick†

Nutrition Facts		
Serving Size 1 Tbsp (14g)		
Servings Per Container 32		
Amount Per Serving		
<b>Calories</b>	100	Calories from Fat 100
% Daily Value*		
<b>Total Fat</b>	11g	17%
<b>Saturated Fat</b>	2g	10%
<b>Trans Fat</b>	3g	
<b>Cholesterol</b>	0mg	0%

**Saturated Fat: 2g**  
**+ Trans Fat: 3g**  
**Combined Amt: 5g**  
**Cholesterol: 0 % DV**

## Margarine, tub†

Nutrition Facts		
Serving Size 1 Tbsp (14g)		
Servings Per Container 32		
Amount Per Serving		
<b>Calories</b>	60	Calories from Fat 60
% Daily Value*		
<b>Total Fat</b>	7g	11%
<b>Saturated Fat</b>	1g	5%
<b>Trans Fat</b>	0.5g	
<b>Cholesterol</b>	0mg	0%

**Saturated Fat: 1 g**  
**+ Trans Fat: 0.5g**  
**Combined Amt: 1.5g**  
**Cholesterol: 0 % DV**

\*Nutrient values rounded based on FDA's nutrition labeling regulations. Calorie and cholesterol content estimated.

\*\*Butter values from FDA Table of *Trans* Values, 1/30/95.

†Values derived from 2002 USDA National Nutrient Database for Standard Reference, Release 15.

Source: [www.cfsan.fda.gov/~dms/transfat.html#main](http://www.cfsan.fda.gov/~dms/transfat.html#main)

## References:

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