

Trans Fat

There are many different forms of fat. Some fat is known to be "good" fat, and helps to control our blood cholesterol levels, while other fats are considered to be "bad" fat and works against our cholesterol levels.

Trans fat is produced by the partial hydrogenation of oils (when a liquid oil is converted to a solid = *hydrogenation process*). Trans fats are considered to be the worst form of fat. Partially hydrogenated oils are used in thousands of products, including most baked goods, deep fried products, microwave dinners, and a lot of prepackaged foods.

Trans fat lowers the "good" cholesterol (HDL) and raises the "bad" cholesterol (LDL); it also hardens & clogs the arteries.

How much trans fat do you have to eat to suffer health problems?

Intake of trans fat should be as low as possible - **there is no safe intake level of trans fat.**

Studies have shown that 1 gram of trans fat a day for a decade increases your risk of cardiovascular disease by 20%.

Finding Trans Fat on food labels - What to look for!

Look in the ingredient list - any of the following terms indicate the presence of trans fat in the product:

- Hydrogenated vegetable oil
- Partially hydrogenated vegetable oil
- Vegetable oil shortening
- Shortening
- Hydrogenated margarine

Can you get rid of Trans Fat once it's in your body?

There is no conclusive answer to that. Some of the trans fat circulates in the blood system affecting your cholesterol levels, and some of the trans fat gets stored in body fat - we cannot be sure whether or not it's capable to get rid of trans fat once it's stored

Defining Fat

30% of our total calories should come from fat

90 g Fat per day for males

63 g Fat per day for females