



# Eat Less Trans Fat

Eating foods with **trans fat** raises low-density lipoprotein (LDL or "bad") cholesterol levels and increases your risk of heart disease.



## WARNING!

**Trans fats** are found in *partially hydrogenated vegetable oils and shortening.*

### Many Foods Contain Trans Fat, Including:

- Baked goods (cookies, crackers, cakes, pies, muffins, some breads such as hamburger buns).
- Margarine (especially stick margarine) and vegetable shortening.
- Pre-mixed products (cake, pancake, and chocolate drink mix; pizza dough).
- Deep-fried foods (doughnuts; french fries; fried chicken, fish sticks, and chicken nuggets; taco shells).
- Snack foods (potato, corn, and tortilla chips; candy; packaged or microwave popcorn).

Trans fats are harmful to the heart and vascular system. (Eat as little of them as possible – nutritionists advise no more than 2 grams per day on average.)



## MAY CONTAIN TRANS FATS!

- Trans fat is made when hydrogen is added to vegetable oil, a process called hydrogenation that increases shelf life and helps foods hold their flavor longer.
- Trans fats raise "bad" (LDL) cholesterol and lower "good" (HDL) cholesterol.

### Read Food Labels

Choose foods without trans fats.

Or – if *partially hydrogenated vegetable oil* or *shortening* is on the label – try and choose foods that have them near the end of the ingredient list.

- Labels list ingredients from *most* to *least*.






This picture of a microwave popcorn label lists trans fats near the top, meaning it has a lot.

- "Nutrition Facts" labels on food began listing trans fat content in 2006.
- Products can say a food has "0 grams trans fat" if it contains up to 1/2 gram.
- If partially hydrogenated oil is on the label, the food is *not* trans fat free.

### Choose Wisely, Make Your Own Meals When Possible

- It's easy to control the type and amount of fats you eat if you make your own meals.
- Choose natural vegetable oils (olive, canola, peanut, corn, soybean, safflower, and sunflower oils) they have no trans fat.
- Avoid deep-fried foods. They usually contain trans fats.
- Ask for your food to be cooked in *natural* vegetable oils.
- Eat less fast food.



	<b>GOOD Fats</b> Lower the risk of heart disease		<b>BAD Fats</b> Increase the risk of heart disease	
<b>Type of Fat</b>	<b>Monounsaturated</b> 	<b>Polyunsaturated</b> 	<b>Saturated</b> 	<b>Trans*</b>  
<b>Where It's Usually Found</b>	<ul style="list-style-type: none"> <li>• Olives</li> <li>• Olive, canola, and peanut oils</li> <li>• Cashews, almonds, peanuts, and most other nuts</li> <li>• Avocados</li> </ul>	<ul style="list-style-type: none"> <li>• Corn, soybean, safflower, sunflower, and cottonseed oils</li> <li>• Fish and seafood</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk, butter, cheese, and ice cream</li> <li>• Lard and suet</li> <li>• Meat (beef, pork, bacon, sausage, and deli meats have the most)</li> <li>• Chicken and other poultry have less, especially with the skin removed</li> <li>• Chocolate and cocoa butter</li> <li>• Palm oil</li> <li>• Coconut products, including milk and oil</li> </ul>	<ul style="list-style-type: none"> <li>• Partially hydrogenated vegetable oil</li> <li>• Most margarine and shortening</li> <li>• Many deep-fried foods</li> <li>• Many fast foods</li> <li>• Most store-bought baked goods</li> </ul>
<b>Effect on Cholesterol Levels</b>	<ul style="list-style-type: none"> <li>• Lowers LDL</li> <li>• Raises HDL</li> </ul>	<ul style="list-style-type: none"> <li>• Lowers LDL</li> <li>• Raises HDL</li> </ul>	<ul style="list-style-type: none"> <li>• Raises LDL</li> <li>• <b>Lowers HDL</b></li> </ul>	<ul style="list-style-type: none"> <li>• Raises LDL</li> <li>• Lowers HDL</li> </ul>
<b>(LDL is 'bad' and HDL is 'good' cholesterol)</b>	* Most foods that contain trans fats can be made with natural oils instead. ALWAYS READ LABELS. Look for brands — and restaurants — that use natural, non-hydrogenated oils.			

## Eat a Healthy Diet


















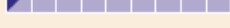

- Eat lots of fruits and vegetables.
- Choose whole grain breads, cereals, and pastas.
- Eat less food with saturated fat.
- Choose chicken or fish over other kinds of meat.
- Choose non-fat or low-fat dairy products.
- Avoid products with lots of added sugar (such as non-diet sodas and some breakfast cereals).

### More Information:

JCPH Nutrition Services  
Community Education- 303-239-7160  
<http://health.jeffco.us>

American Heart Association -  
<http://www.americanheart.org>

US Food & Drug Administration  
<http://www.cfsan.fda.gov/~dms/transfat.html>

Typical Amounts of Trans Fat in Store-Bought and Restaurant Foods*		
Food	Serving Size	Grams of Trans Fat*
Microwave popcorn	1 bag (3½ oz.)	
French fries (fast food)	Medium (5 oz.)	
Doughnut (glazed)	1 average size	
Pound cake	1 slice (3 oz.)	
Vegetable shortening	1 tablespoon	
Chicken nuggets (fast food)	5 small nuggets	
Frozen apple pie	1 slice	
Margarine (stick)	1 tablespoon	
Potato chips	Small bag (1½ oz.)	
Candy bar	1 bar (1½ oz.)	
Muffin (commercial bakery)	1 small (3 oz.)	
Cheese crackers (filled)	6 (1 oz.)	
Tortilla chips (corn)	Small bag (1½ oz.)	
Cookies	3 cookies (1 oz.)	
Salad dressing (ranch)	2 tablespoons	
White hamburger buns	1 bun (average)	
Margarine (tub)	1 tablespoon	
Granola bar	1 bar (1½ oz.)	
Pizza	1 slice (average)	

\* Most of these foods can be made without trans fats. ALWAYS READ LABELS.

New York City Department of Health

Information adapted from New York City Department of Health and Mental Hygiene and the U.S. Food and Drug Administration, 2007

Get Your Heart Into It!



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