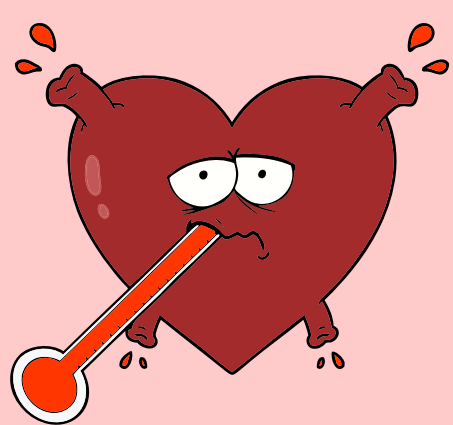


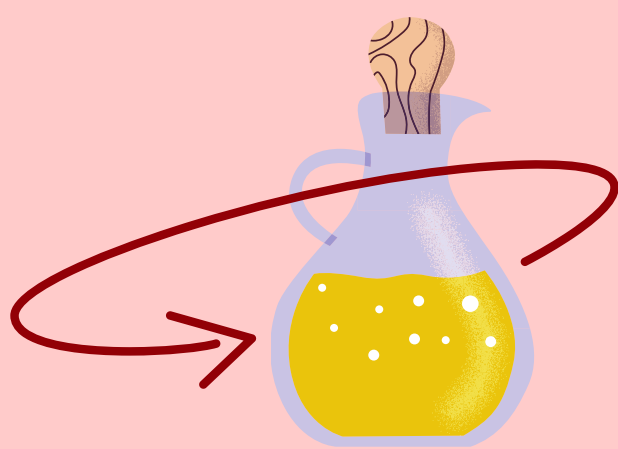
SPOTLIGHT ON TRANS FAT

Trans fat is a manmade substance that is added to many processed foods.



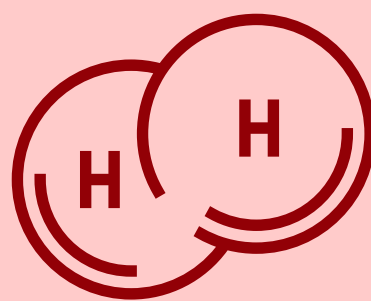
Consuming trans fat is detrimental to our heart health.

It is created when food processing companies manipulate the molecular structure of liquid unsaturated fats.



The fats solidify, which makes them act like unhealthy saturated fats.

This process is called hydrogenation.



Food companies do this because it's a cheap way to increase fat's melting point, extend its shelf life, and form a desirable consistency.

Trans fats should be avoided whenever possible.



In 2015, the U.S. Food & Drug Administration declared trans fat to be unsafe for human consumption.

Food companies are now technically required to disclose trans fat content in their products.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

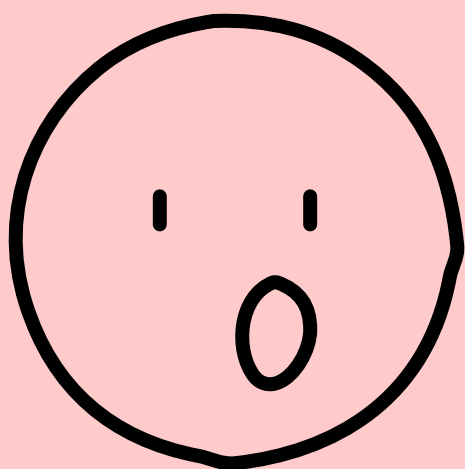
Total Fat 4% 4%

Saturated Fat 1.5% 4%

→ Trans Fat

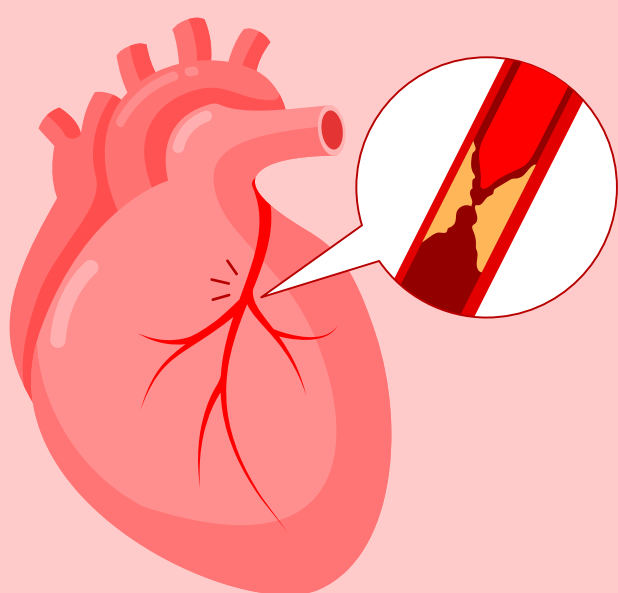
Cholesterol 50mg 28%

Sodium 150mg 15%



But foods can have up to 0.5 grams of trans fat per serving and still claim to have 0 grams.

What if there are 4 "servings" in a small bag of cookies? That's 2 grams of trans fat.



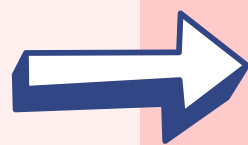
The risk of coronary heart disease increases by 23% for each additional 2% of daily calories consumed from trans fat.

Thankfully, not all processed foods contain trans fat. But how can we tell?

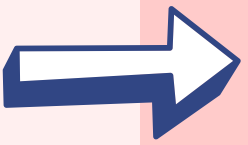


Look at a food's **INGREDIENT LIST** in addition to its nutrition facts.

A food contains trans fat if you see either of these words:



HYDROGENATED



PARTIALLY-HYDROGENATED



REGARDLESS of what the nutrition fact label displays.

Don't let this frosting fool you! It DOES contain trans fat.

"Hydrogenated"

"Trans Fat 0g"



Nutrition Facts

About 13 servings per container
Serving size 2 tbsp (34g)

Amount per serving	% Daily Value*
Calories 140	
Total Fat 5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 0g	

Ingredients: Sugar, High Fructose Corn Syrup, Vegetable Oil (palm, palm kernel, coconut), Corn Starch, Water, Corn Syrup. Contains 2% or less of: Nonfat Milk, Hydrogenated Palm Oil, Salt, Monoglycerides, Polysorbate 60, Modified Cellulose, Sodium Stearoyl Lactylate, Sodium Acid Pyrophosphate, Artificial Flavor, Soy Lecithin, Color (yellow lakes 5 & 6, red lake 40, blue lakes 1 & 2, yellows 5 & 6), Citric Acid. Freshness Preserved by Postassium Sorbate.

