

Facts About Trans Fats

Beginning in January, 2006, the U. S. Food and Drug Administration required that trans fat be listed on food labels. Scientific evidence has shown that saturated fat, trans fat, and dietary cholesterol raise “bad cholesterol” levels, which increases the risk of coronary heart disease. Saturated fat and dietary cholesterol have been listed on the Nutritional Facts label since 1993. Now, you’ll find all three on food labels.

Trans fat is made when manufacturers add hydrogen to vegetable oil. This process is called hydrogenation, and increases the shelf life and flavor stability of foods that contain these fats. Unlike other fats, the majority of trans fat is formed when food manufacturers turn liquid oils into solid fats like shortening and hard margarine. Trans fats can be found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils..

The FDA recommends checking the Nutrition Facts panel and choosing foods lower in saturated fat, trans fats and cholesterol.