

Trans Fats

New York City's Board of Health recently voted to ban trans fat in all of the city's restaurants. And Starbucks has banned trans fats at half of their outlets across the country. So what's so bad about trans fat that would make the Big Apple and Starbucks take such action?

Trans fat is a type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. These harmful fats are found in vegetable shortenings, some margarines, crackers, cookies, snack foods, and other foods that are fried. Trans fat raises bad cholesterol levels, which raises the risk of coronary heart disease. Trans fat can also clog arteries and blood vessels, which can lead to heart attacks or stroke.

Substituting liquid vegetable oil and soft margarine instead of butter, stick margarine and shortening, helps keep trans fat consumption low. Also check the Nutrition Facts Label on foods, and choose foods that are low in trans fat.