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Focus on Trans Fat

By Jon Gestl

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by: **Jon Gestl**

<http://www.cfsan.fda.gov/~dms/transfat.html#unhide>

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<http://bantransfats.com/>

for a comprehensive and excellent review of the latest trans fat advocacy

issues).

<http://www.drmirkin.com/nutrition/N185.html>

), an excellent resource on nutrition and trans fat info.

<http://www.jongestl.com>

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The Sneak Attack of Trans- Fats

By Meri Raffetto RD

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Focus on Trans Fat

Here are some samples of the surprise attack of trans fats:

2.Soups. Ramen noodles and soup cups contain very high levels of trans fats

3.Cereals. Many cereals that would other wise be healthy choices contain the "hidden fats"

4.Crackers and popcorn

5.Many popular pancake and waffle mixes

trans fat intake, the better. Manufacturers will start phasing in the new labels before that deadline.

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