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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Sneak Attack of Trans– Fats**

**By Meri Raffetto RD**

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If you are like most people, you are probably confused about trans fats. What are they? Which foods have them? What is the health risk?

The truth is, trans fats are everywhere. They are lurking on the shelves in almost every aisle of our grocery stores. Just when you think that bag of microwave popcorn was a healthy choice for a snack... it might not be. Not because of the popcorn itself but because of what has been added to it.

So what are they? Trans fats are the result of a process called hydrogenation where they take relatively healthy oil and turn it into a solid form to help prolong the shelf life and freshness of the product. When these fats become solid, our bodies treat them more like saturated fats. Evidence shows that consumption of both saturated fat and trans fat can increase our LDL ("bad") cholesterol that increases the risk of coronary artery disease. There is also some evidence to support that trans fats may actually decrease our HDL ("good") cholesterol. Nearly 13 million Americans suffer from coronary artery disease and more than 500,000 die each year from causes related to coronary artery disease. Heart Disease is the number one cause of death for both men and women in the United States.

Unfortunately, trans fats have been a "hidden" fat for years. They are very popular in fast food chains because they are inexpensive to produce, easy to use, and they don't spatter. The reality is... it is in everything from crackers to breads to cereals and therefore, people who thought they were making good food choices may have been adding more fat to their diet than they anticipated.

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

1. Spreads. Margarine and shortening are loaded with trans fats.

Stick margarine has 2.8 grams of trans fat per tablespoon

Shortening has 4.2 grams of trans fat per tablespoon

Tip: look for soft tub margarines that say "no trans fats" on the container

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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

The good news

Under new FDA regulations, by January 1, 2006, consumers will be able to find trans fat listed on nutrition labels under the line for saturated fat. You won't see a percent daily value because trans fats are not a natural food and we do not need them in our diet for any reason. The more you can limit your

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

More good news is that public awareness of trans fats has already initiated some companies to change their ways. Frito Lay has said that they will remove trans fats from Doritos, Cheetos, and Tostitos. McDonalds has reported that they will remove ½ of the trans fats from their French fries. These foods will still fall into the "once in a while" category but removing trans fats will definitely help.

Until the new labels are available, the best way to know if your favorite foods have trans fats is to read the ingredients list. If you see the terms "Hydrogenated or Partially Hydrogenated oil" then it contains trans fats. You can also bet that any commercial baked goods including cakes, pies, and donuts will also be loaded with the "hidden fat".

Awareness is your best defense in limiting trans fats from your diet. Read your labels and make your choices wisely.

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Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and get into way of life. For more information or to sign up for our free newsletter, visit [www.reallivingnutrition.com](http://www.reallivingnutrition.com).

### **Can A Low Carb Diet Help You Avoid Trans Fats?**

**By Lee Dobbins**

#### **Can A Low Carb Diet Help You Avoid Trans Fats? by Lee Dobbins**

Unless you've been living under a rock, you're probably aware that trans fats are thought to contribute to heart disease, weight gain, and other health problems. These transformed fatty acids are commonly referred to as Trans Fatty Acids or TFA's and are present in most of the packaged foods found in the

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grocery store and your pantry!

Trans fats are produced by hydrogenation – the process of heating an oil and passing hydrogen through it. This process turns liquid oils into solid (margarine, Crisco) and extends the shelf life of most processed foods. The high temperatures used to heat the oils also destroy the essential fatty acids and transforms them into trans fats (short for transformed fatty acid). These fats compete with essential fatty acids for absorption in the body and are thought to contribute to coronary heart disease by raising LDL cholesterol levels (bad cholesterol), while lowering the HDL levels( good cholesterol). They also increase platelet aggregation, which in turn increases the chance of blood clotting, strokes and heart attacks. And if that isn't bad enough, they also create free radicals that have been linked to cancer.

If you are on a low carb diet, chances are that you don't eat very many processed or fried foods so you won't be consuming much food with trans fats. If you are sticking to mostly low fat meats and vegetables you're probably in pretty good shape as far as trans fats ingestion goes. Margarine is high in trans fats, but there are several brands out there that have no trans fats so if you are eating a lot of margarine, you may want to look into the brand you are buying. Mos of the foods high in trans fatty acids like chips, donuts, muffins, cakes, candy, soups, breads, margarine, cheese spreads, and cookies are no-no's on a low carb eating plan so cutting them out of your diet has the added health benefit of reducing your intake of these fats.

How do you know if a food has them? Well, the food industry doesn't make it easy, they rarely put their content on the labels so you will need to figure it out by reading the ingredients. When buying packaged foods beware of the word "hydrogenated" or "partially hydrogenated" in the list of ingredients. These foods will contain trans fatty acids. If you are leading a low carb lifestyle you probably won't be buying these foods anyway so not to worry!

Lee Dobbins is webmaster of <http://www.lowcarb-resource.com> where you can find more information on

.



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