

Health Minute

The skinny on trans fats...

The fats contained in the foods that you eat raise your LDL or “bad” cholesterol. For years doctors have cautioned patients to limit the amount of cholesterol and saturated fats in foods for this reason. New attention is being directed towards trans fats. Trans fats are made when manufacturers add hydrogen to vegetable oil in order to increase the shelf life and flavor stability of foods. Trans fats can be found in vegetable shortenings, some margarines, crackers, and cookies. Beginning January 1, 2006, manufacturers are required to list the amount of trans fats contained in their foods and have been making an effort to remove or limit the amount of trans fats in their products in order to place healthier foods on the shelves.

<p>Fat Tips Check the Nutrition Facts label of foods for saturated fat, trans fats, and cholesterol. Choose foods that are low in unhealthy fats.</p>	
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