

Trans Fats



An Overview

- There is a link between **diet and disease**. Some fats correlate with the risk for heart disease while others have a protective effect. More important than the **quantity** of fat is the **type** (or mix) of fat. Frequently, the ratio of good fat to bad fat is very low.
- Of the four main types of fats in the foods we eat (**polyunsaturated, monounsaturated, saturated** and **trans** fats), polyunsaturated and monounsaturated are the preferred fats. Saturated fats and trans fats are those that we should consume the least.
- Trans fat, in particular, has been linked to the development of insulin resistance, type 2 diabetes, ischemic inflammation and gallstones.

Trans Fat

Nutrition Facts		
Serving Size 1/2 package (44g, about 1/4 cup dry mix)		
Servings Per Container 12		
Amount Per Serving	Mix	Baked
Calories	45	140
Calories from Fat		
		% Daily Value**
Total Fat 5g*		10% 24%
Saturated Fat 2g		4% 13%
Trans Fat 1g		0% 23%
Cholesterol 0mg		0% 13%
Sodium 300mg		13% 11%
Total Carbohydrate 34g		11% 0%
Dietary Fiber 0g		0% 0%
Sugars 18g		
Protein 2g		0% 0%
Vitamin A		0% 0%
Vitamin C		0% 8%

Dietary Fats and Cholesterol

We need to limit saturated fat and trans fats in the diet. Saturated and trans fats **increase** the level of bad (LDL) cholesterol in the blood. The excess LDL cholesterol is deposited in the arteries, which can potentially lead to heart disease. Many studies show that trans fats are **worse** than saturated fats in promoting heart disease development. This is because in addition to increasing cholesterol, trans fats also lower good cholesterol (HDL). HDL cholesterol **protects us** against heart disease by scrubbing the arteries clean of excess cholesterol.

The Dietary Guidelines for Americans (2005) recommends that we limit or eliminate our consumption of trans fats.



The Dietary Guidelines for Americans (2005) recommend that our total fat intake should be between 20 and 35% of our calories (not exceeding 35%) and that the majority of the fat consumed should be mono- and polyunsaturated fat.

Where are Trans Fats found?

Fat and cholesterol	Sources	Examples
Dietary Cholesterol	Animal	Meats, egg yolks, dairy products, organ meats such as liver, heart, etc. There is less cholesterol in fish and poultry.
Saturated Fats	Animal	Whole milk, cream, and ice cream; whole-milk cheeses and butter; lard; and meats.
	Plant	Palm, palm kernel and coconut oils, as well as cocoa butter
Trans Fats	Partially dehydrogenated vegetable oils	Most commercially prepared desserts (cakes, cookies, pastries, donuts) and most fried foods from restaurants including quick service restaurants.

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