



Trans-Fat Reference Guide

What Is Trans Fat (Trans Fatty Acids)?

Trans fatty acids (TFAs) are unsaturated fatty acids created during the hydrogenation process in vegetable oils. TFAs also occur naturally, to a small degree, in all animal fats and vegetable oils.

Why Is Trans Fat Harmful?

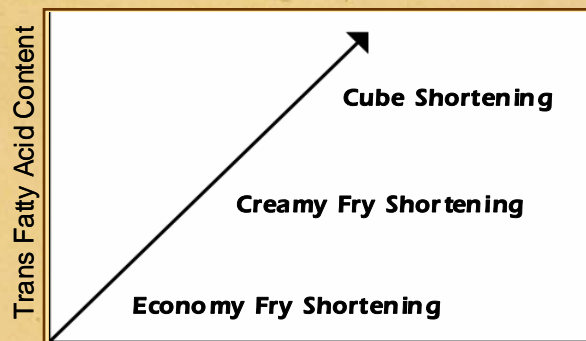
The FDA has stated that there is a direct correlation between trans fat intake and an increase of blood levels of LDL cholesterol. LDL cholesterol increases the risk of coronary disease. The FDA is not claiming that consumers should "avoid" TFAs. The following was taken directly from their memo: "...trans fatty acid consumption should be as low as possible while consuming a nutritionally adequate diet." (Source: www.fda.gov)

What Is LDL Cholesterol?

Low-Density Lipoproteins, also known as "bad cholesterol", have been identified as contributory factors in heart disease.

What Is The Hydrogenation Process And How Does It Create Trans Fat?

The hydrogenation process saturates an oil with hydrogen. Hydrogenation increases oil stability providing longer frying performance. Oils can be hydrogenated to various degrees to obtain the desired level of stability. As the level of hydrogenation increases, so does the trans fat content.



Premium Zero Trans Fat Product Benefits:

1. Switching to Zero Trans fat products can be a competitive advantage through the promotion of healthy frying.
2. Premium zero trans fat products are healthy alternatives to partially hydrogenated shortenings. They provide equal or greater performance and taste without trans fat.
3. Due to their natural stability, premium zero trans fat products have an affordable cost to value.

Where Can I Get More Information On Trans Fats?
The Food and Drug Administration – www.fda.gov