
Trans Fat

What are Trans Fats?

Trans fats can be natural or man-made. Small amounts are found in foods from certain animals, like milk and meat. Artificial trans fats are made when liquid oils are turned into solid fats.

Trans Fat Ban in the Food Supply

Experts learned that artificial trans fats are bad for your health. Many countries, including the United States, have removed most of them from foods. Some processed foods may still have a little, so it's important to read labels.

What Foods Have Trans Fat?

Trans fats are often found in foods made with **partially hydrogenated oils**, such as:

- Cookies
- Crackers
- Biscuits
- Frozen pizza
- Baked goods
- Stick margarine

Why Are Trans Fats Harmful?

- Raise LDL (or “lousy”) cholesterol
- Lower HDL (or “healthy”) cholesterol
- Increase the risk of heart disease and stroke
- Promote inflammation and worsen chronic pain
- Increase the risk of dementia
- Increase the risk for type 2 diabetes

How Can I Eat Healthier?

- Choose healthy fats like olive oil, avocado, nuts, seeds, tuna, salmon, and natural peanut butter.

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- Eat more fiber to support a healthy gut. Good choices are oatmeal, beans, whole grains, berries, and vegetables like broccoli, spinach, and bell peppers.
 - Pick lean proteins such as salmon, chicken, turkey, eggs, lean beef (90/10 or leaner), and pork tenderloin.
 - Flavor your foods with herbs and spices like garlic, ginger, cinnamon, turmeric, and dill.
 - Try fermented foods such as yogurt with live cultures, kefir, pickles, kimchi, and sauerkraut.

Meal Ideas:

- Overnight oats: Mix oats, blueberries, walnuts, cinnamon, dark chocolate, and unsweetened almond milk. Refrigerate overnight.
- Veggie omelet: Cook 1 whole egg plus 2–3 egg whites with vegetables. Serve with whole grain toast, tomato slices, and berries.
- Salmon bowl: Cook salmon and serve it over quinoa with broccoli. Add a little miso and ginger.
- Chicken burrito: Fill a tortilla with grilled chicken, black beans, veggies, yogurt seasoned with adobo, and salsa.
- Turkey burger meal: Cook a turkey burger and serve on a whole-wheat bun with air-fried sweet potatoes and a cucumber-tomato salad.