

# News Of Nutrition

## How To Keep Your Snacks Healthy

(NAPSA)—Health experts are warning about the dangers of trans fat, a deadly hidden fat found in many of our favorite foods. Unlike other fats, trans fat, also known as partially hydrogenated oils, has no nutritional benefit. Worse, it causes problems. Along with clogging arteries, trans fat raises bad cholesterol (LDL) and increases the risk of heart disease. Trans fats also lower the percentage of good cholesterol (HDL) found in the body. The deadly fats are found in most processed foods including candy bars, fried foods, crackers, snack foods and commercial baked goods such as cookies, pies, cakes and breads.

According to the U.S. Food and Drug Administration, the average American consumes nearly six grams of trans fat each day. Even eating the suggested daily amount, which is less than five grams—the amount found in one piece of fried chicken and a side of French fries—has been linked to a 25 percent increase in the risk of heart disease. Plus, a recent study from Harvard Medical School found that trans fat leads to weight gain more than any other type of fat.

The USDA recommends that people consume as little trans fat as possible. In fact, new U.S. Food and Drug Administration rules require trans fat to be listed on labels of packaged foods. There is a plethora of healthier alternatives to trans fats, such as canola,

### Palm Oil Facts

- Palm oil is natural and extracted from the fruit of palm trees.
- Shelf stability and functionality make palm oil a viable solution for the elimination of trans fat in foods.



olive and palm oils.

Here are some tips for reducing your trans fat intake from registered dietician Martha McKittrick, RD, CDN, CDE:

- Avoid foods with the words “partially hydrogenated oil” on labels. Products can contain up to 0.5 grams of trans fats even if the package says “trans fat free.” (FDA requires food manufacturers to list trans fat on products containing more than 0.5 grams per serving.) If you eat more than one serving of food containing “partially hydrogenated oil,” you can quickly consume more than the maximum recommendation of trans fats per day.

- The USDA Food Pyramid suggests that fat can comprise 30 percent of total calories from a healthy balanced diet and saturated fat can make up to 10 percent of total calories.

- Saturated fat such as found in natural palm oil is a healthier alternative to trans fat. It is okay to consume saturated fats in moderation.

- It is best to eat a variety of foods in moderation.