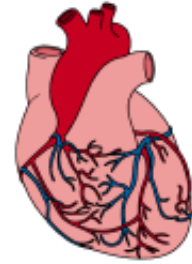




Trans Fats



What is it?

*Trans Fats- hardened Oils

*Trans Fatty Acids- increases lipids/fats

-increases blood cholesterol as much as saturated fats

-Oil is hydrogenated



Suggestions:

*AVOID- Whole Milk, Cheese, Fried Foods, Deep Fried Foods, Butter, High Fat Foods, Gravies, Solid White Shortening, Lard, Sauces, Margarine, High Fat Snack Foods prepared with partially hydrogenated vegetable oils

*Use- Tub or Liquid Margarine

*AVOID- Butter, do not use to substitute for margarine

-Butter is HIGH IN SATURATED FATS as is Coconut/Palm Oils, Fatty Meats, Full Fat Dairy Products,



Desired Labs:

*Total Cholesterol- < 200 mg./dL

*Triglycerides- < 200 mg./dL

*LDL (BAD Cholesterol) and HDL (GOOD Cholesterol)- see below



What can I do?

*See your Physician- talk with your about Diet and Medication

*See RD for help as needed *See FFF RD on line for help

*High Trans Fats- may raise total and LDL Cholesterol

-LDL- Low Density Lipoprotein, < 130 mg./dL, builds up in arteries/vessels

-HDL- High Density Lipoprotein, \geq 35 mg./dL

*Regular Exercise- 30 minutes 3 times per week, 15 minutes/day

*Eat- whole grains, fresh fruits and vegetables

*Women- Low HDL, High Triglycerides to predict Heart Disease

-takes LDL/BAD away

*Weight- Be at a Healthy Weight, Talk to MD and RD about your WEIGHT



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