

Top 5 Things You Need to Know about TRANS FAT

1. What is trans fat?

Trans fat is found in many foods. Most trans fat is “artificial” because it is created when a liquid vegetable oil is made into a solid fat, like margarine or shortening. Some meat (e.g. beef and lamb) and dairy products also have small amounts of naturally-occurring trans fat.

2. Where do you find it?

Artificial trans fat may be found in foods bought at both grocery stores and in restaurants. The following foods often contain trans fat:

- Hard margarine, shortening and vegetable ghee
- Baked goods (e.g. muffins, doughnuts, pastries, cookies, tortillas, parathas, steamed buns, pies and tarts)
- Snack foods (e.g. chips, crackers, microwave popcorn, granola bars, cereal bars, wafers, pudding cups)
- Deep-fried foods (e.g. chicken nuggets, fish sticks, French fries, onion rings, hash browns, dumplings)
- Ready-to-eat and frozen foods (e.g. quiche, burritos, pizza, pizza pockets, egg rolls, meat or vegetable pies or pastries, veggie and beef patties, breakfast sandwiches, waffles, toaster pastries, frozen potato products)
- Convenience foods (e.g. taco shells, pie crust, muffin and cake mixes, icing, instant noodles, ready-to-bake dough, puff pastry, hot chocolate mix, coffee whitener)

Read the Nutrition Facts on packaged foods to find out how much trans fat is in your food. The amount listed includes both artificial and naturally-occurring trans fat.

3. Why is it bad for you?

Trans fat is bad for you because it raises “bad” cholesterol and lowers “good” cholesterol at the same time. Studies show that people who eat more artificial trans fat are at a higher risk of heart disease than people who eat less.

4. Are all fats bad for you?

No. *Eating Well with Canada’s Food Guide* recommends that Canadians eat a small amount (about 2-3 tablespoons) of healthy fats each day. This means using vegetable oils like canola, olive and soybean, and choosing soft margarines that are low in trans and saturated fats. Saturated fats are also unhealthy and can put you at risk for heart disease and stroke. Saturated fats are usually hard at room temperature and are mostly from animal sources. Limit butter, ghee, hard margarine, lard, shortening, coconut and palm oils because they have saturated and/or trans fats in them.

5. How much trans fat is O.K. in my diet?

Eating Well with Canada’s Food Guide recommends that Canadians limit their trans fat intake. The World Health Organization recommends that trans fat be limited to about 2 grams or less per day for the average adult, based on a 2000 Calorie diet.

5 Ways to Avoid TRANS FAT and Eat Well

1. Eat more vegetables, fruit, whole grain products, lower-fat milk products, fish, lean meat and meat alternatives such as beans, lentils and tofu. These foods have little, if any, trans fat. Follow *Eating Well with Canada's Food Guide*. To get a copy, visit www.healthcanada.gc.ca/foodguide
2. Eat fewer processed and packaged foods, and limit fast foods and fried foods.
3. Read and understand nutrition labels. Look at the "Fat" component and choose products that have less trans and saturated fats, as in the example below. To learn more about nutrition labels visit www.healthyeatingisinstore.com or www.healthcheck.org

Popcorn A

Nutrition Facts	
Per 1/2 bag (40g)	
Amount	% Daily Value
Calories 130	
Fat 2g	3%
Saturated 0.5g	3%
+ Trans 0g	
Cholesterol 0mg	
Sodium 230mg	10%
Carbohydrate 24g	8%
Fibre 6g	24%
Sugars 0g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

CHOOSE ✓

Popcorn B

Nutrition Facts	
Per 5.5 cups (40g)	
Amount	% Daily Value
Calories 220	
Fat 14g	22%
Saturated 3.5g	43%
+ Trans 5g	
Cholesterol 0mg	
Sodium 320mg	13%
Carbohydrate 21g	7%
Fibre 5g	20%
Sugars 0g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

AVOID ✗

4. Cook, bake and prepare foods with healthier types of fat such as liquid vegetable oils and soft margarines that have no trans fat.
5. Find out how much trans fat is in the food you eat at restaurants and fast food outlets and eat smaller portions. Many restaurants have nutrition and ingredient information available upon request.

If you want more information, contact your local public health unit, the **Heart and Stroke Foundation of Ontario** toll-free at 1-888-473-4636 or www.heartandstroke.ca, or **EatRight Ontario** toll-free at 1-877-510-5102 or www.Ontario.ca/EatRight

This information was developed jointly by Toronto Public Health and Heart and Stroke Foundation of Ontario. The Heart and Stroke Foundation has been leading the fight to remove processed trans fats from Canadians' diets. With the serious impact that trans fats has on coronary heart disease, the Foundation will continue to lead this effort to remove trans fats from foods in Canada.



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