

# Trans Fat Label Reading Tips

**F**ood manufacturers, as of January 1, 2006 are required to list trans fat on their labels. Trans fat is usually found in processed foods and fried foods that are made with partially hydrogenated shortening. They are especially bad for your heart since they have been shown to raise LDL and lower HDL. Here are important tips to make better choices with the new Nutrition Facts panel:

- Consumers should **read labels** on their favorite foods to make sure they are low in both trans fat and saturated fat.
- A product that contains **5% or less of the daily value** for saturated fat is said to be low in that nutrient.
- With regards to trans fat, consumers should **seek foods that contain 0 g trans fat** as stated in the Dietary Guidelines for Americans.
- When a label shows **0 grams trans fat per serving** it may contain up to 0.49 grams of trans fat per serving.
- **Some foods labelled “zero trans fat” may contain high amounts of fat, calories and sodium.** Frozen entrees like fried chicken and fried fish are two examples.
- Many **fast food companies are now listing the trans fat** for their foods online.
- While **reduced fat choices** may not be that much lower in calories (it is important to limit consumption!), they can be lower in saturated fat and trans fat.
- **Fruits and vegetables are naturally trans fat free!**
- For more info, see [www.cfsan.fda.gov/~dms/qatrans2.html](http://www.cfsan.fda.gov/~dms/qatrans2.html)

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## Nutrition Facts

Serving Size 1 oz (28g/29 chips)

Servings Per Container: 10

Amount per serving	
Calories 150    Calories from Fat 90	
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 1.5g	6%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 16g	5%
Dietary Fiber 1g	
Sugars less than 1g	
<b>Protein</b> 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Vitamin E 6%	• Vitamin B6 2%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Q: What is trans fat?

A: Trans fat (also known as trans fatty acids) is a type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. However, a small amount of trans fat is found naturally, primarily in some animal-based foods. Trans fat raises LDL or "bad" cholesterol that increases your risk of coronary heart disease.

### Q: Where will I find trans fat?

A: Vegetable shortenings, some margarines, crackers cookies, snack foods, and other foods made with or fried in partially hydrogenated oils.