

How to **NIP** trans fats...

Keep trans fats below 1% of your total daily calories



N

Evaluation of food labels begins at the **Nutrition Facts** panel. To make healthy eating decisions, use the information there, including the amount of total fats and the percentages of saturated and trans fats.

Keep in mind: foods claiming "0g" trans fat may contain up to 0.49 grams of trans fat per serving, per Food and Drug Administration (FDA) regulations (that's why you need the next steps, "I" and "P").

I

Scan the **Ingredients** list for words like "shortening," "partially hydrogenated," and/or "hydrogenated." These words signify that small amounts of trans fats exist, up to 0.49 grams per serving, even if it shows "0" above.

Nutrition Facts

Serving Size	4 Crackers (28g)		
Servings Per Container	6		
Amount Per Serving			
Calories 130	Calories from Fat 40		
	% Daily Value		
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			11%
Sugars 2g			
Protein 3g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 4%	

P

The serving size is the quantity that the manufacturer used to calculate the Nutrition Facts panel. But the **portion** you consume can be quite different. If you're really eating more than one "serving," you could be consuming more trans fats than you even realize.

The serving sizes on the Nutrition Facts panel help you to accurately determine the amount of fats, calories, and other nutrients for the portion you usually eat. And then, be honest with yourself! If you eat two servings, you're getting two times those amounts.

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL), EGG YOLK, CALCIUM PROPIONATE (TO RETAIN FRESHNESS).

A 2% increase in dietary trans fats was associated with a 23% increase in risk of heart disease in medical studies.

This may surprise you, but medical research shows that consuming artificial trans fats increases the risk of heart disease by increasing levels of "bad" cholesterol (LDL, or low-density lipoprotein) and lowering levels of "good" cholesterol (HDL, or high-density lipoprotein). They have also been shown to contribute to diabetes.

Sources

Mozaffarian D, Katan MB, Ascherio A, et al. Trans fatty acids and cardiovascular disease. *N Engl J Med.* 2006;354:1601-1613.

Lichtenstein AH, Appel LJ, Brands M, et al. Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation.* 2006;114:82-96.

Data on file, GFA Brands, Inc.

Zero may not be zero

An independent laboratory recently examined a group of leading buttery spreads and margarines for trans fat content. Each product claims "0g" trans fat on the Nutrition Facts panel, so they are allowed to contain up to 0.49 grams per serving. Here's the amount of trans fats they really contain.

Leading Buttery Spreads Tested (Tub product only)	Actual Trans Fat (g/serving)
Shedd's Spread Country Crock® Regular	0.44
Land O'Lakes® Fresh Buttery Taste® Spread	0.47
Blue Bonnet® Homestyle Spread Regular	0.39
Smart Balance® Buttery Spread Regular	0.07

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