

Trans Fat

On January 1, 2006, all packaged foods sold in the United States must list trans-fat content on their Nutrition Facts labels.

The reason hydrogenated oil was invented in the first place was to give food items a longer shelf life. When it was decided that animal fat was causing people to have heart problems, hydrogenated oil came into existence. Margarine replaced butter and was touted to be healthier. Margarine is produced by taking cheap oils into the hydrogenation process which turns them into semi-liquid, plastic or solid fats with specific "mouth feel", texture, spread ability as well as shelf life. The hydrogenation process uses high heat with nickel as a catalyst - but not pure nickel. Usually it is mixed with aluminum. Aluminum has been linked to causing Alzheimer's disease. Hydrogenated fat is now being blamed for heart disease, obesity, high cholesterol and cancer.

Have you ever left margarine out at a picnic and noticed that the flies won't even eat it?

Have you ever cooked with margarine on an open campfire and watch it turn to celluloid (plastic) as it burns?

Logic tells us that the body was not created to digest this foreign material and why would we eat something with no nutritional value? It is time for American's to stop killing themselves with junk food, fast food and sugar. There are many oils available that have no trans-fats.

Foods can be sautéed, baked or roasted rather than fried. Check the label the next time you buy prepared foods or cooking oil. Stay away from anything that says "partially hydrogenated, hydrogenated, or partially hardened fat. Also be aware that the new labeling process can say "No Trans-fats" if the product contains less than .5% partially hydrogenated oil and restaurants don't have to tell you they use it.

I am including a list of oils that are not hydrogenated, but be sure to check the label before you purchase any of these.

Oils (excluding oils that have been partially hydrogenated) Saturated. Mono-unsaturated Poly-unsaturated, Trans

Canola 7 58 29 0
Safflower 9 12 74 0
Sunflower 10 20 66 0
Corn 13 24 60 0
Olive 13 72 8 0
Soybean 16 44 37 0
Peanut 17 49 32 0
Palm 50 37 10 0
Coconut 87 6 2 0

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