
Trans Fats

What are Trans Fats?

Fats that occur naturally or are artificial. Naturally-occurring trans fats are formed in the gut of some animals. Foods prepared from these animals, like milk and meat products, may have small amounts of trans fats. Artificial trans fats are created during a process when liquid vegetable oils are made more solid.

What Foods Have Trans Fats?

Processed foods made with partially hydrogenated oils. These foods include baked goods, biscuits, frozen pizza, cookies, crackers, and stick margarine.

Why are Trans Fats Harmful?

- Raise low density lipoproteins (LDL) or “lousy” cholesterol
- Lower high density lipoproteins (HDL) or “healthy” cholesterol
- Increase risk for heart disease and stroke
- Promote inflammation in the body and worsen chronic pain
- Increase risk for dementia
- Increase risk for type 2 diabetes

How Can I Eat Healthier?

- Choose healthy fats like extra virgin olive oil, avocado, nuts, seeds, fatty fish, peanut butter without partially hydrogenated vegetable oil, trans fat-free tub margarine or butter alternatives made from yogurt, avocado oil, peanut oil, sesame oil, and canola oil.
- Add fiber. Fiber produces a good bacterium in the stomach that can help reduce inflammation. Food sources are oatmeal, beans, blueberries, whole grains like kamut, quinoa, and legumes. Also, many non-starchy vegetables and fruits have fiber like broccoli, bell peppers, beets, tomato, pineapple, spinach, and apples.
- Select lean proteins such as salmon, tuna, mackerel, cod, sardines, skinless chicken, skinless turkey, egg, cheese lean ground beef (90/10 or leaner), sirloin, and pork tenderloin.
- Add flavorful seasonings and roots including garlic, ginger, cinnamon, turmeric, cayenne, rosemary, mustard, and dill.

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- Try fermented foods like miso, low sugar yogurt with live active cultures, kefir, sauerkraut, pickles, and kimchi.

Meal Ideas:

- Prepare overnight oats. Use rolled oats, 70% or higher dark chocolate, blueberries, black walnuts, cinnamon, and unsweetened vanilla almond milk. Mix and leave in the refrigerator overnight for an easy morning meal.
- Make an omelet. Mix one whole egg and 2-3 egg whites with one teaspoon of water for a fluffy omelet. Add onion, chives, mushrooms, diced tomatoes, spinach, and cheddar cheese. Season with black pepper and garlic powder. Make a piece of toast and top with trans fat-free margarine or butter alternative and add a sliced tomato. Finish with a bowl of strawberries and blueberries.
- Create a salmon bowl. Air fry or broil wild salmon. Lay fish on a bed of quinoa and add broccoli florets. Season the bowl with ginger and miso.
- Prepare a chicken burrito. Take grilled chicken breast, black beans, lettuce, bell peppers, onion, diced tomato, adobo seasoned yogurt, and salsa. Layer into a soft shell tortilla. Fold and enjoy!
- Broil or grill a turkey burger and serve on a whole wheat bun. Air fry sweet potatoes and season with rosemary. Add a cucumber tomato salad and mix with a creamy dill yogurt dressing.