



Trans Fat and Nutrition Facts Label

Trans fatty acids, sometimes referred to as trans fat, have been in the news for the past few years. What exactly is trans fat and why should you be concerned about it?

Trans fatty acid is a specific type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. These solid fats are referred to as partially hydrogenated oils. A small amount of trans fat is found naturally in some animal foods. Trans fat like saturated fat raises low-density lipoprotein (LDL or “bad”) cholesterol that increases your risk of coronary heart disease.

In addition to hard margarines and shortening trans fat and saturated fat can be found in crackers, candies, cookies, snack foods, fried food, baked goods and other processed foods made with partially hydrogenated vegetable oils.

The Food and Drug Administration (FDA) has been studying trans fat in the diet and has developed a rule that requires that the amount of trans fat in a serving of food be

Nutrition Facts	
Serving Size 1 cup (228g) Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

listed on the Nutrition Facts panel. This rule goes into effect on January 1, 2006. This rule change is to give consumers more information to help make healthy choices about the food they eat.

How to Use the Information

- Read the label on the foods you buy often to be sure they are low in both trans fat and saturated fat.
- A product that contains 5 percent or less of the daily value (DV) for saturated fat is said to be low in that nutrient.
- There is no safe amount of trans fat stated in the 2005 Dietary Guidelines for Americans, so you should look for foods that contain 0 grams trans fat.
- When a label shows 0 grams trans fat per serving and lists a “partially hydrogenated” vegetable oil in the ingredients, the product may contain up to 0.49 grams of trans fat per serving.



- Foods with 0 grams of trans fat may still be high in total fat and calories.
- Fast food companies are now listing the trans fat for their food items online. It helps to be aware of options before you order them. French fries and onion rings may contain significant amounts of trans fat.
- Fruits and vegetables are naturally trans fat free.

Remember, for good health, eat a wide variety of different foods from all of the food groups.

Cakes, cookies, and quick breads made with vegetable oil instead of solid shortening will be very low in trans fat or free of trans fat.

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This recipe has no trans fats.

APPLE CAKE

- $\frac{2}{3}$ cup vegetable oil
- $\frac{1}{2}$ cup sugar
- 1 egg
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 1- $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup raisins
- 1- $\frac{1}{2}$ cups diced apples
- 2 Tablespoons chopped pecans

In a large bowl, mix oil, sugar, egg, vanilla, baking soda, baking powder, cinnamon, flour, raisins and apples. Pour into a 9 x 9 inch pan sprayed with nonstick cooking spray. Bake at 350°F for 30 minutes. Serve warm or cold. Serves 16.

Nutrition information per serving: 174 calories, 10 g fat, 42 mg sodium, 16 mg cholesterol, 21 g carbohydrate.



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