

What Is Trans Fat?



Consumption of trans fat raises low-density lipoprotein (LDL), or *bad cholesterol*, increasing the risk of coronary heart disease. Most authorities say the safe amount to eat is 0.



Source: fda.gov

Industrial Trans Fatty Acids are synthetic. They are created by a process that adds hydrogen to liquid vegetable oils to make them more solid.

Trans fat in food:

Cake frosting: 2 g

Chicken pot pie: 2 g

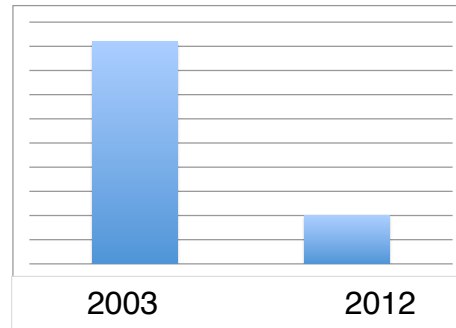
Graham crust: 2.5 g

Stick margarine: 1-3 g

Kettle popcorn: 5 g

Source: manufacturer's data

Consumption of trans fat from products containing partially hydrogenated oils has declined dramatically from 4.6 grams per day in 2003 to about 1 gram per day in 2012, according to FDA estimates.



How to Find Trans Fat:

Nutrition Facts Label on Food Packages

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 CUP | |
| Servings Per Container 3 | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 3g | 15% |
| Trans Fat 5g | |
| Cholesterol 0mg | 0% |
| Sodium 50mg | 5% |
| Potassium 0mg | 0% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 3g | 12% |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 4% |

Internet Research for Restaurants

| Nutrition facts | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) |
|--|------------------|----------|-------------------|---------------|-------------------|---------------|-------------|----------------|-------------------|
| BK* Garden Fresh Salads and Sides | | | | | | | | | |
| Chicken Caesar Garden Fresh Salad with TENDERGRILL and dressing | 348 | 450 | 250 | 27 | 4.5 | 0 | 95 | 1150 | 20 |
| Chicken Caesar Garden Fresh Salad with TENDERCRISP and dressing | 380 | 650 | 390 | 43 | 7 | 0 | 75 | 1670 | 39 |
| Side Caesar Salad and dressing | 190 | 290 | 200 | 22 | 3.5 | 0 | 20 | 710 | 17 |
| Chicken BLT Garden Fresh Salad with TENDERGRILL and dressing | 357 | 440 | 260 | 29 | 8 | 0 | 115 | 1080 | 11 |
| Chicken BLT Garden Fresh Salad with TENDERCRISP and dressing | 390 | 640 | 410 | 45 | 11 | 0.5 | 95 | 1610 | 30 |
| Chicken Apple & Cranberry Garden Fresh Salad with TENDERGRILL and dressing | 363 | 480 | 230 | 26 | 7 | 0 | 95 | 480 | 34 |
| Chicken Apple & Cranberry Garden Fresh Salad with TENDERCRISP and dressing | 394 | 680 | 370 | 42 | 9 | 0 | 75 | 1010 | 53 |
| Side Garden Salad and Avocado Ranch Dressing | 169 | 240 | 200 | 22 | 5 | 0 | 30 | 540 | 6 |
| Ranch Crispy Chicken Wrap | 137 | 350 | 180 | 20 | 6 | 0.5 | 40 | 970 | 30 |
| Ranch Grilled Chicken Wrap | 135 | 310 | 150 | 16 | 5 | 0 | 55 | 770 | 21 |
| Honey Mustard Crispy Chicken Wrap | 137 | 380 | 180 | 20 | 6 | 0 | 35 | 900 | 35 |
| Honey Mustard Grilled Chicken Wrap | 135 | 330 | 150 | 16 | 5 | 0 | 55 | 700 | 26 |
| Chicken BLT Garden Fresh Salad Wrap - grilled | 191 | 380 | 170 | 19 | 6 | 0 | 60 | 1030 | 33 |
| Chicken BLT Garden Fresh Salad Wrap - crispy | 202 | 470 | 230 | 26 | 7 | 0 | 45 | 1270 | 42 |
| Chicken Apple and Cranberry Garden Fresh Salad Wrap - grilled | 225 | 400 | 140 | 16 | 4.5 | 0 | 45 | 730 | 48 |
| Chicken Apple and Cranberry Garden Fresh Salad Wrap - crispy | 212 | 490 | 210 | 24 | 6 | 0 | 35 | 990 | 53 |
| Chicken Caesar Garden Fresh Salad Wrap - grilled | 174 | 340 | 140 | 16 | 3.6 | 0 | 45 | 560 | 33 |
| Chicken Caesar Garden Fresh Salad Wrap - crispy | 191 | 440 | 210 | 24 | 4.5 | 0 | 35 | 1220 | 42 |
| Ken's Citrus Caesar Dressing - packet | 50 | 180 | 160 | 18 | 3.5 | 0 | 5 | 460 | 4 |
| Ken's Honey Mustard Dressing - packet | 50 | 220 | 160 | 18 | 2.5 | 0 | 15 | 270 | 13 |
| Ken's Lite Honey Balsamic - packet | 50 | 320 | 70 | 7 | 1 | 0 | 0 | 220 | 14 |
| Ken's Avocado Ranch Dressing - packet | 50 | 170 | 150 | 17 | 3 | 0 | 15 | 420 | 4 |
| Ken's Apple Cider Vinaigrette - packet | 50 | 210 | 160 | 18 | 2.5 | 0 | 10 | 115 | 10 |
| Home-style Caesar Croutons - Packet | 14 | 60 | 20 | 2 | 0 | 0 | 10 | 160 | 9 |
| Apple Slices | 58 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 7 |
| Onion Rings - value | 43 | 150 | 70 | 8 | 1.5 | 0 | 0 | 400 | 19 |
| Onion Rings - small | 91 | 320 | 150 | 16 | 3 | 0 | 0 | 840 | 41 |
| Onion Rings - medium | 117 | 410 | 190 | 21 | 3.5 | 0 | 0 | 1080 | 53 |
| Onion Rings - large | 142 | 500 | 230 | 25 | 4.5 | 0 | 0 | 1310 | 64 |
| French Fries - value (salted) | 89 | 240 | 90 | 10 | 1.5 | 0 | 0 | 330 | 34 |
| French Fries - small (salted) | 128 | 340 | 150 | 15 | 2.5 | 0 | 0 | 480 | 49 |



rTFAs are found naturally in ruminant animal products. Ruminants include: cows, sheep and goats. rTFA is found in the meat and butterfat of dairy products from these animals. --nel.gov

“In meat and dairy from ruminant animals, the impact of these naturally occurring TFAs are likely to be modest compared with the far larger amount of saturated fat they often contain.” --James Kenney, PhD, FACN.