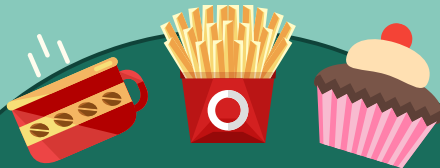


# 3 Things You Should Know About Trans Fat

For years, partially hydrogenated oils (PHOs), also known as trans fats, have been allowed to lurk in the American food industry despite health concerns that they raise the risk of heart disease and stroke. Luckily, healthier alternatives are in the works. Here's what you need to know...



## NOW

You can find trans fats in packaged baked goods and fried foods.

They're also lurking in coffee creamers, popcorn, and cereal bars.



## CHANGES

Trans fats are being replaced by modified soybean oils.

Palm oil is another popular substitute.



## REMEMBER

Portion control is still very important

While new products may be trans-fat-free, they should not be consumed with abandon