Busting the Myths about Fats

Trans Fat

the bad guys

Hydrogenated fats in processed foods.

**myth:** you can’t tell one fat from another

**BUSTED:** Since 2006, the Food & Drug Administration (FDA) requires food companies to list trans fat content separately on the Nutrition Facts label of all packaged foods.

**myth:** trans fats are only found in fried foods

**BUSTED:** Some trans fats are found naturally in small amounts in meat and dairy products but are not a significant source. Many processed foods use “hydrogenated” vegetable oils that add trans fat, so check the Nutrition Facts label.

**myth:** all fats are the same

**BUSTED:** Trans fatty acids raise bad cholesterol levels and lower good cholesterol levels, and increase your risk of developing heart disease or having a stroke.

**myth:** no trans fats, no taste

**BUSTED:** Manufacturers are finding new ways to improve the texture and taste of food without using trans fatty acids.

Trans fats come in many forms — from slimy to solid.

Scientists began to hydrogenate liquid oils into trans fats in 1908 to provide longer shelf life in manufactured foods.

All foods that contain fat are not made of the same type of fat. Many are a combination of fatty acids, known as a fatty acid profile. Trans fatty acids are usually present in the form of hydrogenated or partially hydrogenated vegetable oil.

Did you know that any type of fat is included?
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Saturated Fat
Fats generally found in animal-based foods.

**Myth:** All saturated fats are bad for you

**Busted:** Stearic acid, the most abundant saturated fat in beef and chocolate, can be good for you. It does not raise bad cholesterol and gives good cholesterol a boost.

**Myth:** All saturated fats are from animal products

**Busted:** Saturated fatty acids are mainly found in fatty meats and high-fat dairy products, but some plant foods are high in saturated fat such as coconut, palm and palm kernel oils.

**Myth:** If you eat fat, you get fat

**Busted:** Fat is a powerful source of energy, more than twice as concentrated as protein and carbohydrates. Consuming more calories than you need is what makes you gain weight — not the source of the calories.

**Myth:** Meat is high in saturated fat

**Busted:** Foods contain differing amounts of each type of fat. Monounsaturated fatty acids make up half the fat content of lean red meat. Look for the words “round” or “loin” in the name to choose the leanest cuts.

Saturated fats should be eaten in moderation—10% of your total intake (1g per 100 calories).