



TRANS FATS (aka Trans Fatty Acids-TFA's)

- It is absolutely essential to eliminate all sources of trans fats from our diet. They are not fit for human consumption.
- They were created when ordinary vegetable oils were chemically processed into hydrogenated oils making them solid at room temperature and were considered a heart healthy alternative to saturated fats.
- Trans fats are loved by food manufacturers because they extend the shelf life of food and they give the food a more desirable texture.
- Years later scientists realized that these so called healthy fats were found to be strong contributors to heart disease, cancer, diabetes, obesity and dementia. They increase bad cholesterol, decrease good cholesterol and increase blood levels of triglycerides.
- July 2002 The National Academy of Science branch called, The Institute of Medicine reported that there are **no safe levels of trans fats** and people should eat as little as possible yet still today trans fats can be found in abundance in grocery stores.¹
- They are found in just about all cakes, cookies, muffins, rolls, crackers, cereals, chips, and frozen breakfast foods like waffles even baby foods, and virtually all fried fast foods.
- Whole Foods Grocery have shifted to remove products with trans fats offering alternatives for better health.
- It is prudent to develop a Food Label Consciousness because trans fats are often hidden in what may seem like healthier choices like: granola bars, protein bars, low fat cookies and crackers as well as many salad dressings.
- Beware of packages that say “Trans Fat Free” because food manufacturers can place this on a package if their products contain less than 0.5gm of trans fat per serving. (1/2 cup) serving sizes have been manipulated to meet this requirement. Most packaged foods with 2 to 4 servings are never shared.

What Do I Look For On The Label?

- Hydrogenated
- Partially hydrogenated
- Fractionated
- Shortening

All of the above are Trans Fats!

- Trans fats are like plastics in our body, which cannot be digested.
- They are especially harmful to our cell membranes. Trans fats are known to decrease cell membrane fluidity. The fatty acid content of the cell membrane determines its fluidity. The fluidity of a cell membrane relates to life. We must have good fluid motion in our cell membrane for normal cellular functions to take place.
- The cell membrane contains a multitude of receptor sites for substances to dock and lock for optimum health. For instance, if the cell membrane is stiff due to its composition of plastic like trans fats, insulin has a difficult time docking on the cell membrane and taking glucose into the cell for energy production.
- When trans fats replace the good oils in the mitochondrial (energy center) cell membranes it makes it IMPOSSIBLE TO LOSE WEIGHT OR TO HAVE UNLIMITED ENERGY.
- Trans fats are considered by experts to be responsible for the creation of more disease than any other manufactured food product.
- Dr. Walter Willet of Harvard School of Public Health believes that cardiovascular diseases like heart attacks and strokes can be reduced by greater than 50% just by eliminating trans fats from our diets.²

THE GOOD NEWS

In her book Trans Fats-The Hidden Killer In Our Food, Judith Shaw, MA, encourages us with, "The good news: TFA will be eliminated from your cells when you no longer eat foods that contain them. Given the chance, healthy fatty acids will eventually replace them and normal cellular function will be restored....**the process begins the moment you stop consuming TFA's.**"³

Dr. Hannan's Note: You must consume the Healthy Fatty Acids for this replacement to take place. (see info sheet on Omega 6's & Omega 3's)

References:

1. "National Academy of Sciences, Institute of Medicine,." U.S. Food and Drug Administration. 10 July 2002. 26 Nov. 2007
<http://www.cfsan.fda.gov/~dms/labtrans.html>
2. Rogers, M.d., Sherry A. Detoxify or die. 1st ed. Sarasota: Sand Key Company, Inc., 2002. Page 63

3. Shaw, M.A., Judith. Trans Fats, the Hidden Killer in Our Food. 1st ed. New York: Pocket Books, 2004. 10.