

Title:

Are Trans Fats Clogging Your Arteries?

Word Count:

586

Summary:

What do these products; Dunkin donuts, Mrs. Smith's apple pie (frozen), Nabisco Chips Ahoy, Ke

Keywords:

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Article Body:

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What is trans fat you may ask? Because you now know, the foods that have this often unlabeled

- Increases the shelf life of packaged food.
- Stabilizes the flavor of foods containing saturated fats, among others.
- Solidifies other key ingredients like margarine and other baked goods.

Unfortunately, it acts like saturated fats in that it clogs the heart's arteries. This is a se

The alarm sounded over trans fat is due to the recommendation of the National Academy of Scien

Because of this, the FDA issued a ruling wherein food manufacturers have been given until Jan.

Take note too of the fact that health experts agree that it is not possible to entirely elimin

Most food manufacturers have made the move to list trans fat ahead of the deadline, so you can

When making a choice to choose foods low in saturated fats and cholesterol, use the general ru

You can also do trade-offs, you don't have to permanently give up a favorite food to eat health

You should also be aware that the energy bar you may be eating because it is healthier just mi

This is why trans fat is called the stealth fat, it is found in a lot of dietary supplements a

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