

# Trans-Fatty Acids On Food Labels

## TRANS-FAT FACTS:

- Trans-Fatty Acids are also called Trans-Fat or Hydrogenated Fats
- They can raise LDL (“bad”) cholesterol and lower HDL (“good”) cholesterol which increases risk of heart disease
- Trans-Fatty Acids are found in processed foods such as:



- Cookies
- Muffins
- Doughnuts
- Frozen Foods
- Stick Margarines
- Crackers
- French Fries
- Fried Foods
- Potato Chips



## Tips to Reduce your Intake of Trans-Fatty Acids:

1. Read food labels and **LIMIT** foods that list “partially-hydrogenated vegetable oil” as one of the first three ingredients
2. If you choose foods with trans-fats, eat a smaller portion
3. Choose vegetable oils and liquid, tub, or spray soft margarines instead of stick margarines and shortening
4. Replace nondairy creamers with reduced-fat or nonfat milk



GO



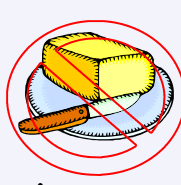
Trans-Fatty Acids  
can be found

**HERE**

on food labels



LIMIT



The less you use, the better!

## Nutrition Facts

Serving Size 1 cup (228g)  
Serving Per Container 2

### Amount Per Serving

**Calories** 250      **Calories from Fat** 110

### % Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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