



Trans Fat FAQs

What is Trans Fat and why is everyone talking about it?

- o Trans fat is one of the hottest food related topics since “carbs” became a household word. Homemade Gourmet® thinks it is important to not only be compliant with USDA requirements for food labeling but also to educate our consumers on the latest ingredient information to help you make balanced choices for your family. We hope that this information will be helpful and answer the questions you have about Trans fat.

What is Trans Fat?

- o Trans fat is a man-made fat that is formed when liquid oils are made into solid fats like shortening and hard margarine. It has been used in food manufacturing for quite a long time to extend the shelf life and enhance the flavor of foods.

Where will I find Trans Fat?

- o Trans fat is found in processed foods made with partially hydrogenated vegetable oils such as vegetable shortenings, some margarine, crackers, cookies, snack foods, fried foods, and baked goods.

Are all fats the same?

- o NO. Fat is a major source of energy for the body and aids in the absorption of vitamins A, D, E, and K, and carotenoids. Both animal – and plant-derived food products contain fat, and when eaten in moderation, fat is important for proper growth, development, and maintenance of good health. As a food ingredient, fat provides taste, consistency, and stability and helps you feel full. Parents should be aware that fats are an especially important source of calories and nutrients for infants and toddlers (up to 2 years of age), who have the highest energy needs per

unit of body weight of any group. While unsaturated fats (monounsaturated and polyunsaturated) are beneficial when consumed in moderation, saturated and Trans fats are not. Therefore, it is advisable to choose foods low in saturated fat, Trans fat, and cholesterol as part of a healthful diet.

Where can I find Trans Fat on the food label?

- o Trans Fat will be listed immediately after Saturated Fat.

What affect does Trans Fat have on cholesterol level?

- o Like saturated fat, Trans fat raises the LDL (bad cholesterol) that increases your risk for coronary heart disease.

What can I do to reduce Trans Fat in my diet?

1. Look at the nutritional panel when comparing products. Choose foods lower in saturated fat, trans fat and cholesterol. 5%DV is low and 20%DV or more is high.
2. Read the ingredient list, if you see the words "partially hydrogenated", it contains trans fat.
3. Avoid fried foods.
4. Choose lean meat, such as poultry (without skin, not fried), lean beef and pork (trim visible fat, not fried).

What if I find the words "partially hydrogenated" in the ingredient list but values for Trans fat is zero?

- o Product with less than .5 gram of trans fat per serving, is permitted by the FDA to list trans fat as zero. Don't let this trick you! For example, your favorite soft-spread butter is advertised as a trans fat free spread. The serving size is 1½ teaspoons; you had butter toast for breakfast and baked potato for lunch and vegetables for dinner. Averaged 2 teaspoons for each meal and by the end of the day you have consumed 6 teaspoons therefore increasing the amount of trans fat.

How much Trans fat is "safe" to eat?

- o The American Heart Association has advised that if you are age 2 and above and limit your intake of fats to 5-8 teaspoons per day, then you are not likely to have an excess of Trans fat in your diet.

Sources from: U.S. Food and Drug Administration
Trans Fats, The Hidden Killer In our Food by Judith Shaw, M.A.
www. pueblo.gsa.gov
www.webmd.com

Note: These Homemade Gourmet® products contain only trace amounts of Trans fat per serving.

Bacon Cheeseburger Meatloaf Mix
Italian Mozzarella Meatloaf Mix
Italian Mozzarella Meatloaf Pantry Staple
Old Fashioned Meatloaf Mix
BLT Dip Mix
BLT Pantry Staple
Chicken Enchilada Soup Mix
Chicken Enchilada Seasoning Pantry Staple
Baked Potato Soup Mix
Bonnie's Blue Ribbon Chili Mix
Garlic Lemon Marinade Mix
Garlic Lemon Seasoning Pantry Staple
Grandmother's Sunday Roast Mix
Grandmother's Sunday Roast Pantry Staple
Mexican Black Beans Mix
Mom's Chicken and Rice Mix
Spanish Rice Mix
Tortilla Soup Mix
Tortilla Soup Seasoning Pantry Staple
White Chicken Chili Mix
Brownie Pie Mix
Chocolate Chip Cookie Pie Mix
Chocolate Chunk Cookie Mix
Chocolate Pecan Cheesecake Mix
Five Minute Fudge Mix
White Chocolate Cran-Orange Cookie Mix
Basic Sweet Bread Mix
Southwest Casserole Mix
Chicken Noodle Soup Mix
Creamy Corn Chowder Mix
Lucky Bean Soup Mix
Easy Fried Rice Mix
Cinnamon Cream Squash Soup Mix