

# **DANGER OF TRANS FAT**

**Dr. Renuka Jayatissa**

**Department of Nutrition  
Medical Research Institute  
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**Trans fat raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol. This combination will increase the risk of heart disease, the leading killer of men and women.**

### **What is trans fat?**

Trans fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. Using trans fats in the manufacturing of foods helps foods stay fresh longer, have a longer shelf life and have a less greasy feel. Human body recognizes trans fats as saturated fats.

### **Types of Cholesterol and effects**

There are different types of cholesterol in the body:

- **Low-density lipoprotein (LDL).**
  - LDL, or "bad," cholesterol transports cholesterol throughout the body.
  - High level of LDL cholesterol, deposit in the walls of blood vessels (arteries), making them hard and narrow.
  - These deposits — called plaques — can reduce blood flow through arteries.
  - If the arteries that supply blood for the heart (coronary arteries) are affected, it will give chest pain and other symptoms of heart attack (coronary artery disease).
  - If plaques tear or rupture, a blood clot may form — blocking the flow of blood or breaking free and plugging an artery downstream.
  - If blood flow to part of your heart stops, you'll have a heart attack. If blood flow to part of your brain stops, a stroke occurs.
- **High-density lipoprotein (HDL).**
  - HDL, or "good," cholesterol picks up excess cholesterol and takes it back to the liver.
- **Triglycerides:**
  - Triglycerides are a type of fat found in the blood.
  - A high triglyceride level may contribute to hardening of the arteries (atherosclerosis) or thickening of the artery walls — which increases the risk of stroke, diabetes, heart attack and heart disease.

### **Effects of trans fat**

- Increase the LDL
- Decrease the HDL.

- Increases triglycerides.
- Causes more inflammation:

Trans fat may increase inflammation, which is a process by which the body responds to injury. Trans fat damage the cells lining blood vessels, leading to inflammation.

### **Recommended intake of trans fat**

- WHO recommends that no more than 1 percent of the total daily calories be trans fat.
- 2 grams of trans fat or less for Sedentary Adult person.

### **Trans fat in food**

- Naturally occurring in small amounts: in some meat and dairy products.
- More harmful with processed foods:
  - Commercial baked goods — such as crackers, cookies and cakes
  - Many fried foods - such as doughnuts and french fries
  - Shortenings and some margarines can be high in trans fat.
- Trans fat is sometimes a part of the oil restaurants use to fry food.
- A large serving of french fries at some restaurants can contain 5 grams or more of trans fat.

### **Reading food labels**

- Food manufacturers in the many countries list the trans fat content on nutrition labels.
- If a food has less than 0.5 grams of trans fat per serving, if someone eat 5 servings of foods with less than 0.5 grams of trans fat, they could exceed recommended limits.
- If the label indicates "Partially hydrogenated" vegetable oil. That's another term for trans fat.