

trans-FAT

from DAN'S
HAND



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“Healthy eating isn’t a single simple lifestyle decision; it is actually thousands and thousands of smaller choices, everyday nutritional yeses and nos that add up over time to see what kind of a commitment you’ve really made for yourself.”

Easily said, not easily executed. Taking the time to read labels and understand what you are really putting in your body does make a difference over time.

Who, What, Where and Why?

Partially Hydrogenated Oil or Trans-Fat was created by scientists in the early part of the 1900s. Crisco — the shortening people — realized the value in taking unsaturated fats and make them more saturated. A more saturated fat has a higher melting point and is more shelf stable, making them attractive for baking and storage. Ta dah! A whole new industry was born. Suddenly, this new fat was popping up everywhere and now is in most commonly processed foods that we currently have in our pantries; products like frozen waffles and Pop-Tarts, Oreos, pretzels and peanut butter. Ugh, it’s everywhere!

The reality was and is, this shelf stable man-made substance isn’t recognized in nature, and therefore your body doesn’t recognize it either. Over time, ingesting trans-fats began to slowly have a very negative affect on our bodies. Unlike other dietary fats, trans-fats are not required nor recognized in the body. Basically, since they are a man-made substance, they are ingested and your body says, “Hey, I don’t know what you are so I’ll just shuttle you off to be stored in a blood vessel until I can figure you out.” The problem is, your body never figures it out; then trans-fats begin to build and

build and over time until eventually you end up with coronary heart disease. Simply put, trans-fats raises your LDL (bad) cholesterol and lowers your HDL (good) cholesterol.

Simple Advice

Just say NO! Remember: the more refined the oil, the worse it is for you. Refining oil removes the phytosterols, chemicals that help protect against heart attack and some cancers. Hydrogenated Oil actually takes the refining process a step further; it is a process where a perfectly good, healthy poly or monounsaturated fat is made unhealthy. You can’t get any worse than Partially Hydrogenated Oil. If you see those words on a label, put the product back on the shelf.

Myths

- *Fat isn’t important for building muscles –* Recent studies indicate that mono and polyunsaturated fats are more readily burned for muscle fuel than saturated or trans-fats. These fats can help to spare muscle glycogen and potentially increase the time it takes to reach exhaustion. They can also help decrease muscle inflammation, which may aid in post-exercise muscle recovery.
- *If the label says “0” Trans-Fats, there must be no Trans-Fats –* Sorry! The FDA allows manufacturers to still put up to a full .5 grams of partially hydrogenated oil or trans-fats in their processed foods and call them 0 Trans Fats...Ugh! Just say no.

Eat Well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature’s goodness. Using current research and educational materials, we’re making the world of nutrition “Simple Again”.
Eat Well. Live Well (and Long).