

Trans Fat

Trans fats wreak havoc with the body's ability to regulate cholesterol. Just say NO to trans fat!



By Dan Young



YOU ARE WHAT YOU EAT!

Healthy eating isn't a single simple lifestyle decision. It is actually thousands and thousands of smaller choices, consisting of everyday nutritional yes's and no's that add up over time. This is easily said but not easily executed. Taking the time to read labels and understand what you are putting in your body does make a difference over time.

WHO, WHAT, WHERE & WHY?

Partially Hydrogenated Oil was created by scientists in the early part of the 1900's. Crisco, the shortening people, realized the value in taking unsaturated fats and making them more saturated. A more saturated fat has a higher melting point and is more shelf stable, which makes them attractive for baking and storage. Ta dah! A whole new industry was born. Suddenly, this new fat was popping up everywhere. It can now be found

in most of the common processed foods that we currently have in our pantries, including some frozen waffles, pop tarts, oreo cookies, pretzels and peanut butter. Ugh, it's everywhere!

The reality is that this shelf stable, synthetic substance that neither nature nor your body recognizes, is beginning to 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 synthetic substance, when they are ingested your body says, "Hey, I don't know what you are so I'll just transfer you off to be stored in a blood vessel like an artery, vein or capillary until I can figure you out." The problem is, your body never figures it out, then it begins to build and build over time until eventually, you end up with Coronary Heart Disease. Simply put, Trans Fat raises your bad cholesterol and lowers your 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 takes a perfectly good poly- or monounsaturated fat (healthy fat) and makes them unhealthy. The worst is Partially Hydrogenated Oil. If you see those words on a label, put the product back on the shelf.

MYTHS BUSTED

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. Also, they can help to decrease muscle inflammation, which may aid in post-exercise muscle recovery.

If the label says "0" Trans-Fats, there must be no Trans Fats – No... Sorry! The FDA, in their infinite wisdom, 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 and remember, you are what your food eats!

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