

Trans fat relates to increases the risk of heart attacks, stroke and type 2 diabetes

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DESCRIPTION

Trans fat increases the bad cholesterol and lowers good cholesterol in the body which shows very harmful effects and increases the risk of heart attacks, stroke and type 2 diabetes.

Industrial process forms most trans fat that adds hydrogen to vegetable oil, which causes the oil to become thick and solid at room temperature.

This hydrogenated oil is partial and less likely to spoil, so foods made with it have a longer shelf life. Some restaurants use partially hydrogenated vegetable oil in their deep fryers, because it preserves food for longtime without any spoilage.

Naturally occurring trans fat is seen in some meat and dairy products in small amount. It's not clear whether this trans fat has any benefits or harm.

In a variety of food products manufactured form of Trans fat, known as partially hydrogenated oil is found.

Baked products, such as cakes, cookies and pies

Microwave popcorn

Frozen pizza

Refrigerated dough, such as biscuits and rolls

Fried foods, including French fries, doughnuts and fried chicken

Nondairy coffee creamer, Stick margarine

Added trans fat is harmful because it increases the risk for heart attacks, stroke and type 2 diabetes. Trans fat also increases the cholesterol levels which has unhealthy effect. There are two main types of cholesterol:

Low-density lipoprotein: LDL or bad cholesterol is build up in the walls of the arteries of heart and make them hard and narrow.

High-density lipoprotein: HDL or good cholesterol collects excess cholesterol and takes it back to your liver where it is metabolized.

Trans fat increases LDL cholesterol and decreases your HDL cholesterol.

If the fatty deposits within the arteries tear or rupture, a blood clot may form and block blood flow to a part of your heart, causing a heart attack and causes stroke in the brain by forming clots.

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Foods free of trans fats aren't automatically good for you. Food manufacturers may substitute other ingredients for trans fat that may not be healthy either. Some of the ingredients, such as tropical oils -coconut, palm kernel and palm oils contain a lot of saturated fat.

Saturated fat increases total cholesterol in the body. In a healthy diet, about 20% to 35% of your total daily calories may come from fat. Try to keep saturated fat at less than 10% of your total daily calories.

Monounsaturated fat which is found in olive, peanut and canola oils is a healthier than saturated fat. Nuts, fish and other foods containing unsaturated omega-3 fatty acids are other good choices of foods with healthy fats. An artificial trans-fats increase risk of heart disease is shown in Figure 1.



Figure 1) Artificial trans-fats increase risks of heart diseases.

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