



Be on the LOOK out!  
For **Trans Fats** that is.

By the end of this year, food companies will be required to include **TRANS fats** on the food label. **Trans fats** will be listed under Saturated Fat. Some companies, like Frito Lay, have already changed their labels.

Why should I care?

Good question! Like saturated fat, trans fats can **RAISE** your cholesterol! **Choose brands that have the FEWEST grams of saturated fat and trans fat.**

What foods are highest in **trans fats**?

Foods made with hydrogenated oils, butter or shortening contain the most trans fats. Examples include pastries, doughnuts, French fries, cookies, snack crackers and microwave or movie popcorn....especially ones with extra butter.

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