



#43 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

## Choose Foods With 0 Grams Trans Fat

Your *heart* will thank you

(AND YOU WON'T TASTE  
THE DIFFERENCE)



***Foods can be made  
without trans fat.  
Always read labels.***

- There are good fats and bad fats. Trans fat is the *most dangerous* – even worse than saturated fat.
- **Trans fat increases your risk of heart disease** by raising “bad” (LDL) cholesterol and lowering “good” (HDL) cholesterol.
- Trans fat is found in “partially hydrogenated” vegetable oils and shortening and in many packaged and restaurant foods.
- Cutting trans fat out of your diet is getting easier. Food tastes just as good without it. But your *heart* knows the difference!



• Available in Spanish and Chinese: call 311 or visit [nyc.gov/health](http://nyc.gov/health)  
 • Disponible en español: llame al 311 o visite [nyc.gov/health](http://nyc.gov/health)  
 • 需要中文服務 - 可電 311 或造訪網址: [nyc.gov/health](http://nyc.gov/health)

## Many Store-Bought and Restaurant Foods Contain Trans Fat

- Trans fat is found in many packaged foods, including:
  - Baked goods (cookies, crackers, cakes, pies, muffins, and some breads, such as hamburger buns).
  - Pre-mixed products (cake, pancake, and chocolate drink mix; pizza dough).
  - Margarine (especially stick margarine) and vegetable shortening.
  - Deep-fried and pre-fried foods (doughnuts, French fries, fried chicken, fish sticks, chicken nuggets, taco shells).
  - Snack foods (potato, corn, and tortilla chips; candy; packaged or microwave popcorn).
- All of these foods are available with 0 grams trans fat. Always read labels.
- Many restaurants use trans fat.

### GOOD Fats

Lower your risk of heart disease

Type of Fat	Monounsaturated 	Polyunsaturated 
Where It's Usually Found	<ul style="list-style-type: none"> <li>• Olives</li> <li>• Olive and canola oils</li> <li>• Cashews, almonds, peanuts, and most other nuts</li> <li>• Avocados</li> </ul> 	<ul style="list-style-type: none"> <li>• Corn, soybean, safflower, sunflower, and cottonseed oils</li> <li>• Fish and seafood</li> </ul> 
Effect on Cholesterol Levels (LDL is 'bad' and HDL is 'good' cholesterol)	<ul style="list-style-type: none"> <li>• Lowers LDL</li> <li>• Raises HDL</li> </ul>	<ul style="list-style-type: none"> <li>• Lowers LDL</li> <li>• Raises HDL</li> </ul>

\* Foods that contain trans fat can be made with regular oils instead. ALWAYS READ LABELS.

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 260      Calories from Fat 120

% Daily Value\*

**Total Fat** 13g      20%

Saturated Fat 5g      25%

*Trans* Fat 0g

**Cholesterol** 30mg      10%

**Sodium** 660mg      28%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A 4%      •      Vitamin C 2%

Calcium 15%

## Always Read Food Labels

- Choose foods with 0 grams trans fat.
- **Nutrition Facts** labels on packaged foods now list trans fat content.



## BAD Fats

Increase your risk of heart disease

### Saturated

- Whole milk, butter, cheese, and ice cream
- Lard and suet
- Meat (beef, pork, bacon, sausage, and deli meats have the most)
- Chicken and other poultry have less, especially with the skin removed
- Chocolate and cocoa butter
- Palm oil
- Coconut products, including milk and oil



- Raises LDL
- Raises HDL

### Trans\*

- Partially hydrogenated vegetable oil
- Many margarines and shortenings
- Many deep-fried foods
- Many fast foods
- Many store-bought baked goods



- Raises LDL
- Lowers HDL

Look for brands that use oils that are not "partially hydrogenated."

## How to Cut Trans Fat

### Make Your Own Meals

- Making your own meals helps you control the type and amount of fats you eat.
  - Regular vegetable oils (such as olive, canola, corn, soybean, safflower, and sunflower oils) have no trans fat.
  - Most natural oils are high in GOOD (unsaturated) fats. In moderation, they protect your heart (*see chart*).

### Choose Wisely When Eating Out

- Avoid deep-fried foods. They often contain trans fat.
- Eat less fast food.

### Eat a Heart-Healthy Diet

Eat a diet high in fruits, vegetables and whole grains, low in sodium and saturated fat, and without added sugars (and no trans fat).



### More Information

- Visit the New York City Department of Health and Mental Hygiene at [nyc.gov/heart](http://nyc.gov/heart) and click on “Learn About Trans Fat”
- Call 311 and ask to receive copies of these Health Bulletins (or download from [nyc.gov/heart](http://nyc.gov/heart)):
  - Control Your Cholesterol: Keep Your Heart Healthy
  - Healthy Heart – Blood Pressure
  - Cut the Salt!
- U.S. Food and Drug Administration: [www.fda.gov](http://www.fda.gov) and search “trans fat” or call 1-888-463-6332
- American Heart Association: [www.americanheart.org](http://www.americanheart.org) and search “trans fat” or call 1-800-AHA-USA-1 (1-800-242-8721)

**DIAL  
311**

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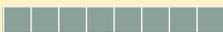
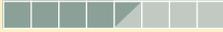
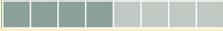
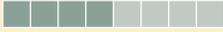
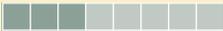
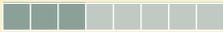
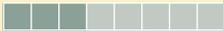
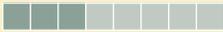
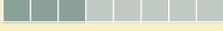
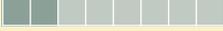
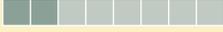
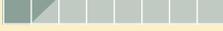
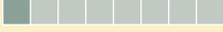
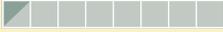
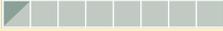
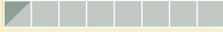
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## Typical Amounts of Trans Fat in Store-Bought and Restaurant Foods

All of These Foods Are Also Available With 0 Grams Trans Fat

Food	Serving Size	Grams of Trans Fat
French fries (fast food) 	Medium (5 oz.)	
Microwave popcorn 	1 bag (3½ oz.)	
Doughnut (glazed) 	1 average size	
Pound cake	1 slice (3 oz.)	
Vegetable shortening	1 tablespoon	
Chicken nuggets (fast food) 	5 small nuggets	
Frozen apple pie	1 slice	
Margarine (stick) 	1 tablespoon	
Potato chips 	Small bag (1½ oz.)	
Candy bar 	1 bar (1½ oz.)	
Muffin (commercial bakery) 	1 small (3 oz.)	
Cheese crackers (filled) 	6 (1 oz.)	
Tortilla chips (corn)	Small bag (1½ oz.)	
Cookies 	3 cookies (1 oz.)	
Salad dressing (ranch)	2 tablespoons	
White hamburger buns 	1 bun (average)	
Margarine (tub)	1 tablespoon	
Granola bar 	1 bar (1½ oz.)	
Pizza	1 slice (average)	

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# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#43 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

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