

# Health Tips

*for seniors*

## What are *Trans* fats?

### Facts

- Primarily produced from naturally occurring oils (fats) through the manufacturing process known as hydrogenation.
  - Used to make oils more solid at room temperature & to provide food products with more stability & consistency.

### Why should you be concerned?

- High dietary intakes are associated with an increased risk for heart disease.

### How can you avoid *trans* fats?

- Read food labels
- Avoid foods that have the words “partially hydrogenated” or “hydrogenated” listed in the ingredient list
- Avoid frying foods
  - Frying produces *trans* fats
- Limit consumption of milk, butter, cheese, beef, & tallow
- Choose healthier fats like monounsaturated & polyunsaturated



For more information visit [www.eatright.org](http://www.eatright.org)

Erie County Department of Senior Services

(716) 858-8526 [www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

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