

A well-oiled plan to avoid trans fats

Checked your oil lately? While a small amount of the trans fat we eat is found naturally in animal foods, the majority of the trans fat in our diet comes from the addition of hydrogen to liquid oils, making them more solid—the process called hydrogenation. The consumption of trans fat and saturated fat raises low-density lipoprotein (LDL) cholesterol—also known as “bad cholesterol” and increases your risk of heart disease.

To keep your engine running smoothly:

- Choose liquid vegetable oils that are high in unsaturated fats, such as canola, corn, olive, peanut, safflower, sesame, soybean and sunflower oils.
- Buy margarine made with unsaturated liquid vegetable oils as the first ingredient. Choose soft tub or liquid margarine or vegetable oil spreads.
- Limit butter, lard, fatback and solid shortenings. They are high in saturated fat and cholesterol.
- Buy light or nonfat mayonnaise and salad dressing instead of the regular kinds which are high in fat. For example, two tablespoons of regular Italian dressing can add as many as 14 grams of fat.

Keep your health in high gear by creating a nutrition plan with *Eat Right*, one of the many wellness tools available through the Personal Health Manager. Find this and other helpful resources by visiting Blue Access® for Members at www.bcbstx.com.

Source: National Heart Blood and Lung Institute

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