



# The 3 Worst Foods to Eat & Why

## *'Tuesday Talks w/ Dr. Doug'*

### **B. TRANS FATS!!!**

#### What is a "Trans Fat" Anyway!!!

The "trans" in the title indicates a particular way in which the fat is arranged structurally.

- 1) *Saturated Fats* – They are solid at room temperature (Palm or Coconut Oil). Once thought to be the "bad fat." Not so! They are a string of carbons held together by a single bond (Picture a row of children and all are holding hands).
- 2) *Unsaturated Fats* – liquid at room temperature (olive oil). Typically thought of as "good fat."
  - a. Monounsaturated – 1 pair of children are holding both hands together
  - b. Polyunsaturated – 2 or more pairs of children are holding both hands together
- 3) *Trans Fat* – Man made unsaturated fat.
  - a. Produced by a process called "hydrogenation." It changes the structure of the fat (twisting around the wrists to form a different shape).

#### Why create a Trans Fat?

Changing the shape changes the consistency of the oil to more of a solid which provides a:

- 1) longer shelf life in baked products
- 2) longer fry-life for cooking oils
- 3) certain texture or "mouth-feel"
- 4) a less greasy feel to it
- 5) needs less refrigeration (better storage)
  - a. Once again = \$\$\$ (not better health)

The problem here is that when you change the shape, you change the way it can be used in the body...

- Half life of a trans fat is 51 days vs. 18 days for an Unsaturated fat
  - The fat is floating around the bloodstream for 51 days before it can be processed!
    - Think that might cause a problem on the walls of your arteries???
- Lipid bi-layer (you are what you eat)
- 'Cis' vs. 'trans' configuration – Just doesn't fit right
  - It's like trying to put a square peg into a round hole!

#### Health Effects of Trans Fats:

Cardio Vascular Disease	Increases LDL Cholesterol	Lowers HDL Cholesterol
Increases Triglyceride	Inflammation Cancer Diabetes	Liver Dysfunction Obesity
Infertility	Premature Aging Arthritis Eczema	Alzheimer's Headaches
Migraines	Seizures ADD / ADHD Depression	Anxiety Lots of others...

**HEY PARENTS! Trans fats are bad for kids too!!!** Trans fats increase the risk for heart disease. While a person may not get heart disease until their 40s, research shows that some children as young as 8 already have high cholesterol and other blood fats that clog arteries.

**What to do From Here:**

**1) Learn how to identify high fat and trans fat foods:**

- Read your food labels! Look for ‘partially hydrogenated,’ ‘shortening,’ or even ‘hydrogenated.’
- ‘Zero trans fat’ doesn’t always mean ‘Zero trans fat!!!’ Read the ingredients!
- Don't think that a ‘truly’ trans fat-free food is automatically good for you. Food manufacturers are using other oils that contain a lot of saturated fats now. Too many saturated fats raise your LDL cholesterol.

**2) Choose healthier fats to cook with & eat:**

- Monounsaturated fats (olive, peanut and canola oil) are healthier options than saturated fats.
- Saute’ foods with unsaturated fats (olive oil).
- If your going to cook/fry at high temperatures then use saturated fats (coconut oil)! They won’t turn into trans fats during the process.

**3) Model healthy eating behaviors, make healthy choices available:**

- Whole foods are always your best option: fruits, vegetables, chicken, turkey, fish, beans, whole grains (different than whole wheat) and some cereals. Various nuts, avocado’s and other omega 3 containing foods as well. These foods can be fixed in fun ways that children will enjoy.
- Make a tradition of trying 1 new food or recipe each week. Make it fun!
- Cook together as a family! Kids will pick up on your habits so lay the proper groundwork.

**4) Be a smart shopper:**

- Don't shop when you're hungry. You're more likely to make bad decisions on an empty stomach.
- If you take children with you, give them a satisfying snack before you go. Stand firm in your plans about what you will and will not purchase.
- Buy whole foods which are typically found around the perimeter of the store. Most of the processed foods, which contain a lot of trans fats, are on the inner isles of the supermarket.
- Have a plan for quick meals, snacks and lunch items you plan to purchase. Buy foods that you can fix quickly at home such as vegetables, beans, chicken and a variety of fish that you can grill. It takes less time to broil a fish than it does to cook up a box of mac & cheese!
- Consider buying a slow cooker if you don’t have one already. Place ingredients in and turn it on!
- If you do purchase processed foods, read the *ingredients*.
- Finally, remember that you are responsible for the quality of the foods you bring into the house for you and your family. ***Children (even adults) eat the foods that are available to them.***

For more information on this topic check out:

- “Setting Things Straight” by Dr. John Madeira
- [www.mayoclinic.com/health/trans-fat/CL00032](http://www.mayoclinic.com/health/trans-fat/CL00032)
- “Trans Fat Survival Guide” by Dr. Bob Demaria
- [http://en.wikipedia.org/wiki/Trans\\_fat](http://en.wikipedia.org/wiki/Trans_fat)

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