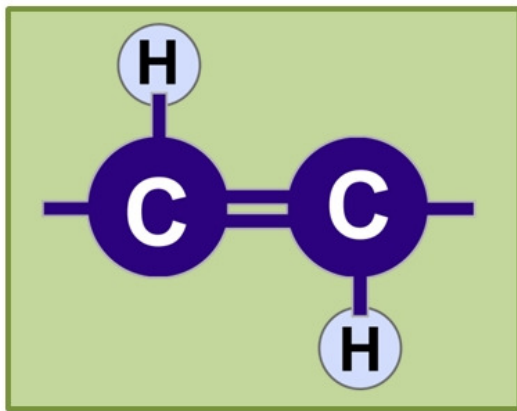
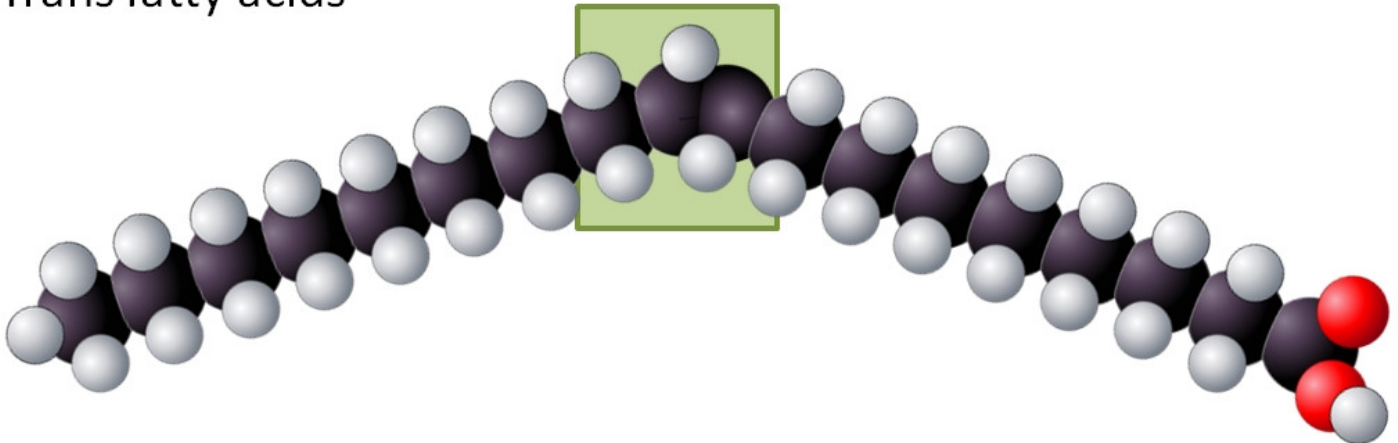


Trans fatty acids



Trans fats are when 2 of the hydrogen atoms are missing.

Instead of having the hydrogen atoms on one side (like unsaturated fats) trans fats have the hydrogen atoms on opposite sides

This small difference between trans fats and unsaturated fats fools your body into thinking trans fats are like saturated fat.



Trans fats make your **LDL higher** and **HDL lower** and mess with your triglycerides. This can increase your chances of heart disease and stroke

Trans fats were developed by the food industry. They are used in snacks, baked cakes and deep fried foods.

Animals which eat grass like cattle, goats and sheep, make trans fats. This is why there are trans fats in butter

Fat chemistry story – Trans fats

Margarine

Most margarines don't contain a lot of trans fat. Except for cooking margarine



Biscuits

Trans fats are found in biscuits especially cream filled biscuits



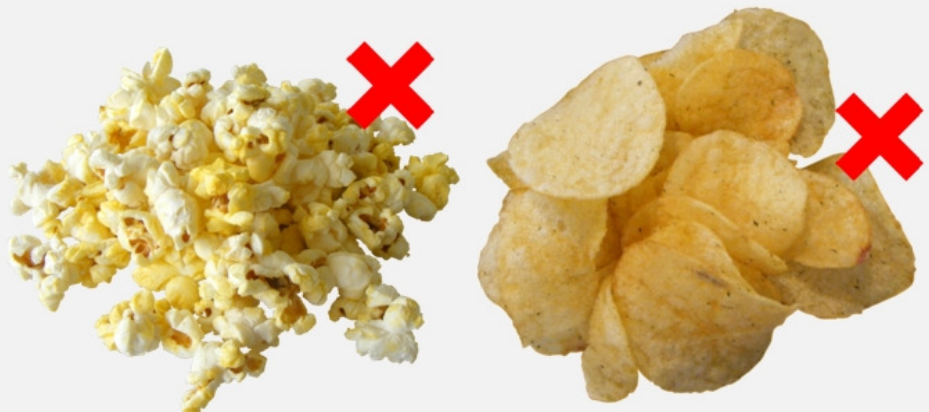
Cakes

Trans fats are found in shop cakes



Snack food

Trans fats are found popcorn & potato crisps



Fat chemistry story – Trans fats

Deep fried foods

Trans fats are found in spring rolls, doughnuts, chicken nuggets, fish fingers, chips, falafels.



Pastry

Trans fats are found in frozen pastry, Danish pastry, quiches and meat pies.



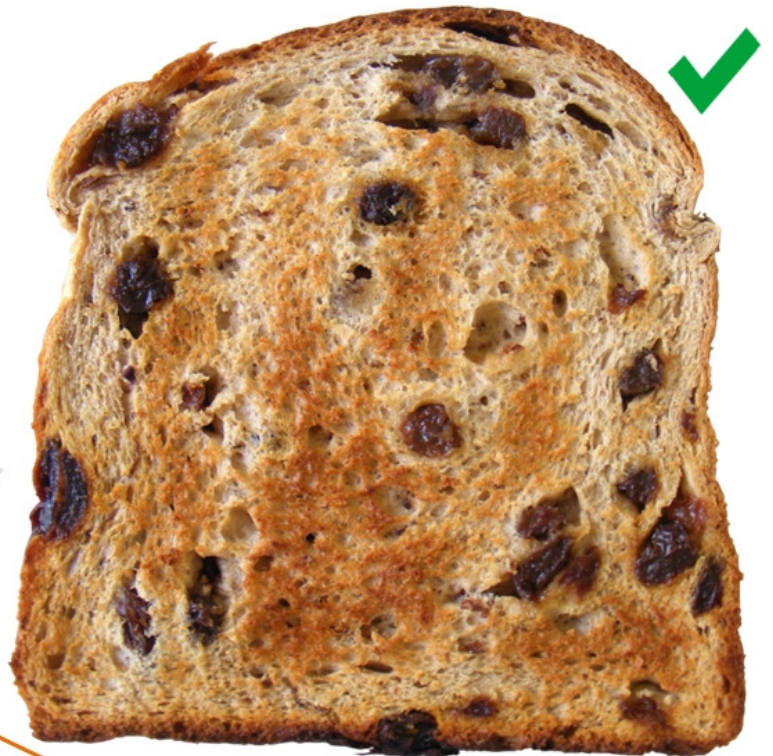
Fat chemistry story – Trans fats

If you have diabetes **sugar & fat** together are a very poor choice



Some breakfast bars are high in fat & sugar

A **low fat** alternative



With half a teaspoon of canola margarine



There is no need to print the following page when printing and using this resource

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You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions.

Subject:

The chemistry of different fatty acids.

Target group:

This resource is designed to be used by Australians of all ages.

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