



## GOLDEN BOY PIES, INC.

### What is Trans Fat? And Why Should I Care?

- All vegetable oils and animal fats, as well as certain other foods, contain **trace** amounts of trans fatty acids (also known as TFA's or trans fats).
  - Some of these include potentially beneficial TFA's, such as conjugated linoleic acid.
  - Others are created during high heat refining.
- FDA regulations state that to be considered “**trans fat free**” or “**zero trans fat**”:
  - A food product must contain **less than .5 grams of trans fat per serving**.
- Artificial trans fats are created in **substantial** amounts during the **hydrogenation** process that the industry uses to increase an oil's shelf life, fry temperatures, and flavor stability.
  - The hydrogenation process saturates an oil with hydrogen, transforming it into a solid. Oils can be hydrogenated to varying degrees to obtain the desired level of stability and function. As the level of partial hydrogenation increases, so does the trans fat content.
- Consumption of these industrially produced trans fats:
  - **Increases LDL** (bad) cholesterol
  - **Decreases HDL** (good) cholesterol
  - **Increases the risk of coronary heart disease and stroke**
  - May be a **contributory factor** in:
    - Type 2 Diabetes
    - Obesity
    - Liver Dysfunction
    - Other chronic conditions
- In March 2003, **Denmark** became the first country to impose a **limit** on the amount of harmful trans fats allowed. That limit is **2%** in any fats and oils destined for human consumption.
  - Since the ban, the country has seen a **20% drop in deaths from heart disease!**
- According to the April 2006 **New England Journal of Medicine**, researchers have found that **near-elimination of industrially produced trans fats might prevent between 72,000 (6%) and 228,000 (19%) of coronary heart disease events.**
  - That's each year, and just in the United States!
- **New York City** has **banned** foods that don't meet the FDA's definition of zero trans fat. Given the health implications of continued trans fat consumption, coupled with the high cost of health care, more and more areas are considering legislation that would limit trans fats.

*We care! Shouldn't you?*

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