

Source: http://en.wikipedia.org/wiki/Trans_fat#Health_risks

[Cooking Oils information can be read by clicking this link](#)

Processed Food manufacturers, who target us on the television every day, through their ads, need to increase their profit to make their ventures viable. This has gone so far, as to make ethics completely disappear, as is seen in the recent violent reaction to the Media empires of certain people, who manipulated the people and all to get to the top. In the food industry, the target are human beings, from infancy to old age. We do not suspect them but now we should be aware of the risks, of handing over our diet to the professional sharks.

Trans fat is the common name for unsaturated fat with trans-isomer (E-isomer) fatty acid(s). Unsaturated fat is a fat molecule containing one or more double bonds between the carbon atoms.

The process of hydrogenation adds hydrogen atoms to unsaturated fats, eliminating double bonds and making them into partially or completely saturated fats.

No trans fats are essential fatty acids; indeed, the consumption of trans fats increases the risk of coronary heart disease by raising levels of "bad" LDL cholesterol and lowering levels of "good" HDL cholesterol. Health authorities worldwide recommend that consumption of trans fat be reduced to trace amounts. Trans fats from partially hydrogenated oils are more harmful than naturally occurring oils.

Health risks

Partially hydrogenated vegetable oils have been an increasingly significant part of the human diet for about 100 years (in particular, since the later half of the 20th century and where more processed foods are consumed), and some deleterious effects of trans fat consumption are scientifically accepted, forming the basis of the health guidelines discussed above.

Trans Fats

Written by W.J.Pais

Coronary heart disease

The primary health risk identified for trans fat consumption is an elevated risk of [coronary heart disease](#)

Other effects

There are suggestions that the negative consequences of trans fat consumption go beyond the cardiovascular risk. In general, there is much less scientific consensus asserting that eating trans fat specifically increases the risk of other chronic health problems:

[Alzheimer's Disease](#) :

[Cancer](#) :

[Diabetes](#) :

[Obesity](#) :

[Liver Dysfunction](#) :

[Depression](#) :

Reaction

Before 2006, consumers in the [United States](#) could not directly determine the presence (or quantity) of trans fats in food products. This information could only be inferred from the

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ingredient list, notably from the partially hydrogenated ingredients.

On July 11, 2003, the [Food and Drug Administration](#) (FDA) issued a regulation requiring manufacturers to list trans fat on the Nutrition Facts panel of foods and some dietary supplements.

Response:

This website offers you a chance to prepare your own food, from raw ingredients, which you can buy from a Grocer. The only price you pay for the health of your family, is the time that is required of you to prepare it. This has been done by our parents up till now, and that is why we are where we are. Could this be also true of our children?