



The Trans Fat Solution: Cooking and Shopping to Eliminate the Deadliest Fat from Your Diet

by Kim Severson and Cindy Burke



This book offers a formula for detecting trans fat in packaged food, and gives shoppers an aisle-by-aisle guide to help them avoid buying it. Also included are 60 practical recipes, short-cut mixes, and substitutes for packaged foods. For more information and to order, go to www.amazon.com

The Heart of Diabetes

American Heart Association

In order to reduce death and disability from cardiovascular disease, the American Heart Association is offering a free patient program called *The Heart of Diabetes*. Patients receive the patient handbook promoting *The Heart of Diabetes* program and a fact sheet describing the initiative. Patients that sign up will also receive a free 12-month subscription to *Diabetes Positive* magazine, motivational incentives throughout the year, and a journal to track their progress as they learn how to manage diabetes and reduce individual risk factors. There is no cost to the patient to participate in the program. Please contact the American Heart Association for more information at <http://www.s2mw.com/heartofdiabetes/index.html>



Trans fats: What are they, where are they, and what advice can we offer our patients?

By: Cecilia Hennig, RD, LD, CDE
Jacksonville, Florida



Trans fats have recently captured the attention of healthcare professionals, consumers and patients. The Federal Drug Administration's (FDA) final rule, which was approved in July 2003 will require manufacturers of most conventional foods and some dietary supplements to list trans fat content on the Nutrition Facts panel. Trans fat content will be listed on a separate line immediately under saturated fat on the food label. Manufacturers have until January 2006 to implement this ruling. This phase-in period minimizes the need for multiple label changes and allows small businesses to use current label inventories. Trans fat information is already available on some foods and FDA anticipates many food producers will begin providing trans fat information on product labels much sooner. This new information is the first significant change on the Nutrition Facts panel since 1993.

The new label ruling reflects scientific reports from expert panels and studies from the Institute of Medicine/National Academies of Science, the National Cholesterol Education Program and the Dietary Guidelines for Americans 2000. Scientific evidence concluded that trans fats, like saturated fat and dietary cholesterol, raise low-density lipoprotein (LDL) cholesterol levels and increase the risk of coronary heart disease (CHD). FDA has estimated that within 3 years of the new trans fat label implementation, it will prevent from 600-1200 cases of CHD and 250-500 deaths per year.

As consumers try to understand yet another hot food topic, it is our role as diabetes educators to simplify the health message and guide our patients.

What are trans fats?

Trans fats are a specific type of artificial fat formed when manufacturers add hydrogen to liquid vegetable oils, a process called hydrogenation that creates solid fats like shortening and stick margarine. This process increases the shelf life and flavor stability of foods containing these fats.

Where are trans fats found?

A small amount of trans fat is found naturally in some animal based foods such as beef, pork, lamb, butter, and milk. However, most trans fats in the diet are found in commercial foods containing vegetable shortening and in some margarines (like stick or block margarines). Typically, trans fats are found in the ingredient list of crackers, cookies, snack foods, some dietary supplements like energy and nutrition bars, fried foods, frozen dinners, pot pies, baked goods, salad dressings, and other processed foods made with, or fried in, partially hydrogenated or hydrogenated vegetable oils.

Should trans fats be totally eliminated from the diet?

According to health experts, it is not necessary nor practical to eliminate all trans fats from the diet. Eliminating foods such as dairy products and meats could cause an inadequate intake of some nutrients and create health risks.



Mark Your Calendar!

Upcoming Meetings

American Diabetes Association 64th Scientific Sessions

◆ June 4-8, 2004
Orlando, FL

American Association of Diabetes Educators 31st Annual Meeting

◆ August 11-14, 2004
Indianapolis, IN

Staying in the loop...



NO TRANS FAT IN PEANUT BUTTER according to the Agricultural Research Service Study, an in-house scientific research agency of the U.S.

Department of Agriculture. Eleven brands of peanut butter, including major store brands and "natural" brands were analyzed in a commercial laboratory. The laboratory found no detectable trans fats in any of the samples. For more information go to: www.ars.usda.gov



Share your Story

Share your GLUTOSE 15™ story with us
on-line at: www.paddocklabs.com
or mail to:

Paddock Laboratories
Attn. DiabeteSource
3940 Quebec Ave. N.
Minneapolis, MN 55427

We would love to share your success stories with other educators. Sharing is caring and caring saves lives.



DiabeteSource Authors Wanted:
Submit items of interest for upcoming issues to:
Paddock Laboratories, Inc.
Fax: (763) 546-4842 or e-mail:
diabetsource@paddocklabs.com

DiabeteSource is a trademark of:

Paddock
Laboratories, Inc.

3940 Quebec Avenue North ◆ Minneapolis, MN 55427
Phone: (800) 328-5113 ◆ www.paddocklabs.com

What is the acceptable amount of trans fat in the diet?

At this time, there is not a percent Daily Value (% DV) established for trans fats. Though the relationship between trans fats and increased risk of CHD has been established, scientific research has not determined what amount of trans fats the FDA should use to establish a Daily Value. Without a DV, a % DV can't be calculated. As a result, at this time the Nutrition Facts panels will list only the amount of trans fat grams in the product.

Food manufacturers will be allowed to list foods with less than 0.5 grams of trans fat as 0 (zero) on the Nutrition Facts panel. So even though a product's ingredient list may contain shortening, hydrogenated or partially hydrogenated vegetable oil, the trans fat amount could be shown as 0 as these food items contain less than 0.5 grams of trans fat per serving. It is recommended that the intake of trans fat, saturated fat and cholesterol be kept as low as possible while consuming a nutritionally adequate diet.

Action steps patients can take to decrease their intake of trans fats, saturated fats and cholesterol in their diet.

- Become familiar with the categories of foods that have trans fats in them and be sure to limit your intake of these.
 - Fast Foods- fried chicken, biscuits, french fries, and fried apple or other pie deserts.
 - Doughnuts, muffins, pop tarts, microwave popcorn, energy and nutrition bars.
 - Crackers, cookies, cakes and pies.
 - Shortening and stick margarine.
- Learn to identify sources of trans fats on the ingredient list. Go easy on foods with vegetable shortening and/or hydrogenated or partially hydrogenated fats and oils listed as one of the first three ingredients as these foods contain large amounts of trans fats.
- Don't be fooled by restaurants that say "we cook in vegetable oil". This can mean liquid, hydrogenated, or partially hydrogenated oils.
- Check the Nutrition Facts panel to compare similar types of foods and choose those foods that are lower in saturated fat, trans fat, and cholesterol. A quick guideline: 5% DV or less is low and 20% DV is high (Remember there is no % DV established for trans fats).
- Choose liquid and soft tub margarines that have zero grams of trans fats or those with plant stanols/sterols (e.g. Take Control® or Benecol®). Use non-stick cooking spray to "grease the pan". Use fat alternatives when possible (pureed prunes, applesauce, broths, vegetable or fruit juices).
- Select baked snack foods or those made with healthier oils.
- Replace saturated and trans fats in the diet with monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Sources of MUFAs include canola oil, olive oil, avocado, olives, and most nuts. PUFAs include soybean oil, sunflower oil, safflower oil, corn oil, fish and walnuts.
- Limit high cholesterol foods such as organ meats, egg yolks, and full-fatted milk and dairy products.
- Emphasize low-fat/low-saturated fat food choices: skim or 1% dairy products, fish, seafood, skinless poultry, lean meats, vegetables, fruits and whole grains in the diet.

For more information visit:
<http://www.cfsan.fda.gov>

GLUTOSE 15™

ONE TUBE • ONE TWIST • ONE 15 GRAM DOSE