

Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	260mg
Carbohydrate	

## More News on Trans Fats...

According to one study of 80,000 women, for every 5% increase in the amount of saturated fat a woman consumes, her risk of heart disease increases by 17%.

**BUT only a 2% increase in trans fats will increase her risk of heart disease by 93% !**

Trans fats are listed on the food label as partially hydrogenated oils.

Make sure you read labels carefully because just as foods can be labeled fat free while actually containing some fat, food manufacturers can label foods “trans fat free” while still actually containing trans fats.

As long as there is less than 1 gram per serving a food can be labeled “Trans Fat Free”.

**The best way to go?  
Stick to foods that do not contain  
partially hydrogenated oils!**