

PENNY SAVER NEWS

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Trans Fats are on their way Out

In case you hadn't heard, FDA recently announced that it intends to remove *trans* fat from the list of safe food ingredients. Right now it's listed as Generally Recognized as Safe. That means it can be used without extra approval or labeling. If FDA takes it off that list it will become a food additive and a manufacturer will have to prove that it's safe to be able to use it.

Food safety activists are delighted. They've been trying to get *trans* fats removed from food for years. Their efforts have all ready lowered our average intake of *trans* fats from the 5 g a day of 10 years ago to only about 1 g a day now. But the estimates are that by removing these fats completely about 20,000 fewer people will have heart attacks each year, and there will be 7,000 fewer deaths.

Trans fats don't work the same as regular fats in our bodies. Diets with lots of *trans* fats often result in more bad cholesterol and less good cholesterol. *Trans* fats have been connected to a variety of other health effects, including some cancers. So taking them out of foods is good for our health.

The change won't happen immediately because FDA has to allow companies time to adjust. Large manufacturers are not complaining about the change because many of them have all ready changed their recipes. They're using different kinds of fats that don't have any or as much *trans* fats as before. But many manufacturers will be hit, maybe severely, by the change. They'll have to find other fats to use in their recipes, ones that make the same product, and don't get rancid. That can be tough to find.

Even though *trans* fats have had their own line on food labels because of the health concerns for years, there are still a lot of foods that contain a little of them. Many of these are likely to be on your holiday shopping lists. Some will say 0 *trans* fats, but if you read the ingredient list you will still find 'partially hydrogenated vegetable oil'. That's a sign that there might be small amounts *trans* fats in the food.

Here are some of the most likely places you will still find *trans* fats on labels. If your holiday shopping includes these items, take a closer look at the Nutrition Facts labels and shop around for

brands with 0 trans fat, and preferably no partially hydrogenated oils in the ingredients. Most likely foods are:

Pie Crusts—frozen or refrigerated; Frozen Pies, both sweet and potpies; Frozen Cakes and Pastries; Cake Mixes; Ready-to-use Cake Frostings; Cookie Mixes; Sweet Bread Mixes; Prepared Cakes; Prepared Cookies; Refrigerated Biscuit and Roll Doughs, including ready-to-bake cinnamon rolls; Refrigerated Cookie Doughs; Coffee Creamers; Vegetable Shortenings; Margarine (especially stick). Remember those holiday football games too! Other foods to check include: Frozen pizza; Crackers; Microwave and ready-to-eat Popcorn.

Most of these have substitutions available. Read labels and look for other brands. Popcorn without *trans* is as easy as popping your own in a hot air popper, then seasoning with a spray of butter-flavored cooking spray and the salt, chili powder, cinnamon or other seasoning of your choice. Dig out the cookbooks, get the grandchildren to help you, and make cakes or cookies from scratch. You'll make lots of great memories too that way! This orange snack cake is a good place to start.

Orange Snack Cake

1 C quick oats	1 ½ C boiling water
2 C flour	1 tsp baking powder
1 tsp baking soda	1 tsp ground cinnamon
½ C margarine with 0 <i>trans</i> fat, softened	½ C sugar
¾ C packed brown sugar	3 egg whites
¼ C frozen orange juice concentrate	1 tsp vanilla extract

Preheat oven to 350° F. Use pan spray to grease a 9x13 inch cake pan. In small bowl combine oats and water. Let sit. In second bowl mix flour, baking powder and soda, and cinnamon. In larger bowl beat the margarine and sugars until fluffy. Beat in egg whites, orange juice concentrate and vanilla. Add some of flour mixture and beat, then some oatmeal and beat. Repeat until all flour and oatmeal is added, putting flour in last. Pour into pan and bake 25 to 30 minutes. If desired, sprinkle some chopped nuts over cake during last 5 min of baking. Serves 12.

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