

Mayo Clinic Minute: What's wrong with trans fat?

VIDEO	AUDIO
Jason	It's the type of fat that spells double trouble for your heart.
GRAPHIC: Anya Guy Dietitian Mayo Clinic	"Trans fat lowers your HDL, which is your good cholesterol, and it raises your LDL, which is your bad cholesterol. So, all in all, trans fat increases your risk of heart disease."
Jason	Manufactured by adding hydrogen to vegetable oil to make it solid at room temperature, trans fat extends the shelf life of food, such as certain baked goods, chips, refrigerated dough, nondairy creamer, margarine and some fried foods.
Jason	Mayo Clinic dietitian Anya Guy says it's important to read ingredient labels and look for "partially hydrogenated vegetable oil." When eating out, choose baked or grilled protein options.
Jason	And instead of those cookies or chips that could be loaded with trans fat ...
Anya Guy	"Rather than choosing snacks in the packaged aisle, choose carrots and ranch or apples and peanut butter as a snack."
Jason	In the end, your heart will thank you for it. For the Mayo Clinic News Network, I'm Jason Howland.