

Have Your Helped Your Heart Today?

American Heart Association and Transfats

On Monday the American Heart Association announced that Americans should limit their daily intake of transfats to less than 1% a day? That sounds like don't eat any transfats. How do you manage that?

As of January 1, 2006 the F.D.A. requires that all packaged foods that enter interstate commerce must list transfat content on their Nutritional Fact label. However, if a single serving contains less than 1% of transfats, then it can be listed as 0%.

Think about it. If you eat something that has .8% transfats per serving, but you eat 2 servings (which may only mean two pieces), then you have now eaten 1.6% of transfats. Let's suppose that you eat something else during the day that is similar in transfat content. You're up to 3.2% transfats or three times the recommended amount.

How do you eat responsibly? **READ THE INGREDIENTS.** Anything listed as hydrogenated or partially hydrogenated is a transfats and it's not a good idea to eat any of whatever it is.

The more of us who are careful about reading the ingredients, the more choices of transfats free foods we'll begin to see on the supermarket shelves and in restaurants. It's the law of supply and demand, or should I say, demand and supply.

For more information contact The Health Heart Program of the Columbia County Department of Health (518) 828-3358 ext 1314/15 or log on to <http://www.columbiacoountynyny.com/depts/health/heart.html>