Fuzzy Math.

Your body needs fat, and unsaturated fats can actually be good for you. But not trans fat -- Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can CLAIM the food has zero grams. And if you eat 4 or 5 servings of chips or crackers or pastry or some other food that may contain hidden trans fat, suddenly you’re eating 3 or 5 or 10 grams of a substance that you should avoid altogether! Indeed, Americans eat an average of nearly 6 grams of trans fat a day, much of it from products that can claim to have “0 trans fat.” Want to be sure you’re not getting ANY trans fat? Look at the fine print below the label. If the ingredients list any kind of “partially hydrogenated” oil or vegetable shortening, then the food definitely contains trans fat. And avoid fast food and deep-fried restaurant food, too – these foods don’t have labels, but many are cooked in oil that contains trans fat.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

Wellness is a Way of Life!
This newsletter is provided as a wellness resource by our school district’s School Meals Program.