



Health Facts with Dr. Max

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Resolution

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Resolve to reduce your **trans fats** intake in the New Year. Trans fat involves adding hydrogen to vegetable oil which makes it a solid and raises the melting point so it is more useful for baking. It is also meant to maximize the shelf life and flavor stability of foods containing these fats. Trans fats can also be found in baked goods, fried foods and snack foods. It raises cholesterol which worsens the risk for coronary heart disease (CHD), 500,000 Americans die of it each year. It has become easier to identify trans fats as it's listing is now required on the Nutritional Facts panel. The greater ease we now have in identifying them makes the avoidance of trans fats an easier New Year's resolution to keep.

Every January 1st we usually promise to lose weight and exercise more. I often suggest smaller first steps like avoiding trans fats, saturated fats, and cholesterol-laden foods. Also, if you are overdue for your annual gynecologic exam, give your family the gift of preserving your good health by calling 525-4546 for an appointment with **The Counseling & Gynecology Group** of East Longmeadow.

FYI – Amounts of trans fats lower than ½ gram per serving can be listed as “zero trans fats” so eating a lot of baked goods, snack foods and fried foods is still a bad idea.