

# Hidden Health Hazard: Partially Hydrogenated Oils

by BJ Corpening, Bread of Life Personal Chef



When shopping for food, are you careful to read the nutrition label? When you really read the label, it is astonishing how many products hide the presence of trans fat. Although FDA guidelines allow as much as 2.2 grams of trans fat to go unreported on the nutrition label, it must be listed as an ingredient. According to the label, there may be "0" grams of trans fat. In reality, if the listing includes partially hydrogenated oil of any

kind, the product has trans fat. You'll see it in cookies and crackers, peanut butter, chips, most baked goods and even cereals.

Most of the fried foods served in fast food restaurants are deep-fried in partially hydrogenated oils - especially dangerous when the oil is reused all day long for several months. Those buttery rolls presented hot and fresh before your meal may be painted with butter flavored hydrogenated oil. It is also very likely that the product contains partially hydrogenated oil. When you're getting a meal from the grill, it is likely that the grill is first greased with buttery flavored hydrogenated oil.

Partially hydrogenated oil is created when hydrogen gas is forced through liquid vegetable oil. The process produces a

shelf-stable oil once hailed as a way to lower saturated fat in the food supply. Now, researchers consider the trans fats in partially hydrogenated oils as harmful as saturated fats; some think they are more dangerous. Trans fats can lower good cholesterol (HDL) and increase the rates of coronary heart disease.

The American Heart Association has determined that the average diet of 2,000 calories should not include more than 1 gram of trans fat per day. Since partially hydrogenated oil is listed as an ingredient, you are not given the number of trans fat calories in the product. The number is somewhere between 0 and 2.3 grams. When the number is within recommended guidelines, it is proudly displayed. However, when the number is too high, it is not listed. If you eat only one serving of one product containing up to 2.2 grams of trans fat, you've already exceeded your daily limit.

You need to have "essential" fatty acids in your diet. They are the "active ingredient" in nearly every bodily process, including brain cell function and nervous system activity, glandular function and immune system operation, cell wall functions, such as passing oxygen and nutrients into the cell and keeping foreign bodies out of the cell and digestive-tract operation. In short, the essential fatty acids (contained mostly in polyunsaturated oils) are the most important nutrients there are -- more important than vitamins, minerals, or even proteins. Without them, there is no life.

Saturated fats supply a very small quantity of polyunsaturated fats. So if you continue to eat saturated fats, your body will continue to be hungry until it gets the essential fatty acids it needs. Your body will store these saturated fats and you will become fat. The key to being thin is to consume foods containing large amounts of polyunsaturated oils, such as fish, olives, nuts (in small quantities), and egg yolks. You will get the quantity of essential fatty acids you need to sustain life. Over the long term, these foods satisfy your sense of hunger.

## *Kudos & Congratulations!*

**Blank Stage Productions'** *Art of Suicide*, written by Tim Honigman, picked up "Best Underground Film" at LA's IndieFest and was an official selection in the Asheville Film Festival.

According to **Brent Brooks**, "Our goal is for the film to be picked up. We will be sending out updated screener copies to the contacts we've made and to other festivals we were advised to submit to. Keep a lookout for another screening of the film here soon."

The Greater Atlanta Home Builders Association Sales and Marketing Council honored **Zenith Design Group** with 3 OBIE Professionalism Awards for its work with Patrick Malloy Communities, earning one Gold Award ("*Breakfast & Tiffany's*" Realtor® promotion) and two Silver Awards (outstanding on-site signage and best full page 4-color print ad).

"The OBIE Awards offer an opportunity to measure ourselves among our colleagues, and we are honored that our work has been recognized as the best-of-the-best," said **Bonnie Buckner Reavis**, president of Zenith Design Group.

**Congratulations to Alana and Graham Wickham** upon the birth of their son, Laiton Graham Wickham, on December 19th at 11:00 pm, weighing in at 5.14 lbs and 18" long.