

strangemagic

The very fact that trans fats are still allowed for human consumption is simply a manifestation of the GMA corpocracy's power over govt. It is not food it's plastic especially fully hydrogenated soy, corn cottonseed oils. This crap is used in restaurants to lube griddles at room temp it is hard as a bar of soap. Having been a cook in restaurants I am familiar with this stuff. It is placed in a pan on a 220°F griddle to melt it but at 98.6°F it is a solid, think plastic. It is not food it is plastic no way that doesn't cause harm. Wouldn't eat eggs, pancakes, etc cooked with this crap. Cottonseed oil, cotton is almost totally GMO, and the most pesticided plant there is and the glyphosate and other ag poisons end up in the seed oil, unbelievable that this crap is in so many baked grain products. But if you think you can digest a styrofoam cup, well, knock yourself out. If you google fully hydrogenated oils it will pop up that they are not as bad as partially hydrogenated oils, well, yeah again knock yourself out, but just consider the source. Look, you don't have to be a polymer chemist to know instinctively that this crap is very bad for your long-term health.

Posted On 06/07/2017

Krofter

"It is a pretty substantial decline. Our study highlights the power of public policy to impact the cardiovascular health of a population. Trans fats are deleterious for cardiovascular health, and minimizing or eliminating them from the diet can substantially reduce rates of heart attack and stroke." By correcting the rampant, greed-based pursuits of industries that kill millions, government is capable of doing the right thing.

Posted On 06/07/2017

BillieBob

When the American Heart Association and the US Gov't. began telling us to eat margarine and not butter, I looked at them both and said: "This one comes out of a factory and has been in general use for little more than 20 years. This other one comes out of a cow and has been in general use for thousands of years." The decision was easy - I didn't need no stinkin' randomly controlled trials. When "they" changed their tune they talked about not eating margarine/trans fats as if that had been their position all along. You would never know that they had made a complete 180. I'm also certain that they never apologized to all of those widows and orphans they had created over the years, either.

Posted On 06/07/2017

vampireslayer

In the U.S. trans fats will be eliminated sometime in the middle of 2018 but all these same foods/drinks will still contain oils, soy, corn, canola and/or cottonseed which are gmo if that's an issue...low fat food labels refer to low saturated fat only and are replaced with unsaturated fat re pufa not sugar...sugar hasn't been an ingredient in processed/packageged foods since the 80's (along w saturated fat) unless you're counting hfcs as sugar but this confuses some of the sugar-free eaters who then end up eating tons of hfcs and pufa...healthy fats seem to be getting a little blurry...Dr Mercola recommends at least 2:1 for saturated vs unsaturated fats as do all the other Keto, primal, paleo, ancestral, caveman eating styles; I'm at about 3:1 Sat fat vs Unsat fat...I still won't eat any of these foods loaded w PUFA although w/o trans fat the same damage will be done healthwise....And why not just eat the avocado? Avocado oil has 1,754 mg of omega 6 vs 134 mg of omega 3, (in one tablespoon) in the processing you lose potassium, glutathione, magnesium, choline & folate! Omega 3/06 is all about ratios...many articles here on Mercola re unsaturated fats should be 4% or less of total caloric intake....transfat or not excess pufa is bad news and a consequence of the big 4 health issues in the U.S. when I increased my Sat fat intake while lowering my unsaturated fat intake; no sunburn...no signs that I had spent 5 hrs at the beach on a hot sunny day...Sat fat increased my hdl levels & made my ldl large & fluffy...adequate cholesterol levels & sunlight = vitamin D....excess pufa = skin damage....I ate coconut oil for a year even though it nauseated me and bulletproof coffee is just nasty but delicious to some.. I'm sticking with cream"

Posted On 06/07/2017

Green Glow

... and actually Fred Kummerow died just a few days ago (May31) at 103.

Posted On 06/07/2017

BillieBob

Years ago, I read that Paul Sabatier, a French chemist, was trying to find a way to make liquid fats solid so soap could be made from them. Apparently, it was thought that soap-making would open up an new market for French liquid vegetable oils. I'm sure that Sabatier never dreamed that he was unleashing an epidemic of heart disease upon the world.

Posted On 06/07/2017

Heather Marsh

All the wrong things promoted as healthy.....

It took me over 20 years to convince my husband to eat spreadable butter rather than margarine - even though he had his heart attack in 2010.

And the only reason he accepted the change was that the butter and oil blend spread easily straight from the fridge.

I have been arguing against margarine and 'vegetable oils' ever since reading books by Mary Enig and Jonathan S Christie (and being countered by those claiming science was in their corner.)

I KNOW that trans fats are bad for health, but suspect that the substitution of high fat foods with foods high in sugar and refined starches have exacerbated the increase in heart attack deaths since 1911.

The Heart Association and dieticians are STILL sticking with the vilification of natural saturated fats and promotion of omega 6 oil - and STILL recommend that diabetics get a certain level of starchy and sugary carbohydrates daily.

Where is the logic? Where is the science?

Posted On 06/26/2017

Guillermou

The pharmaceutical industry influences medical education, research and media coverage. Conflicts of interest are evident, as pharmaceutical companies finance studies and pay doctors directly. Current health systems benefit from keeping people sick. Treating symptoms separately with multiple medications, rather than addressing the root causes, perpetuates chronic disease and drug dependency. The food pyramid, the attack on saturated fats and cholesterol, the defense of polyunsaturated fatty acids susceptible to oxidation, are the way that the pharmaceutical industry promotes the disease by enhancing its economic benefits.

At least now the truth is being told about trans fats. Trans fats are the worst fats that humans consume in the diet. They are produced during the hydrogenation process of edible oils and fats. Consumption of industrially produced trans fatty acids (IP-TFA) has been positively associated with systemic markers of low-grade inflammation. most trans fatty acids are generated during industrial processing through the partial hydrogenation of PUFA-rich vegetable oils.

The amount of trans fatty acids in partially hydrogenated vegetable oils can be as high as 60%, In all this we have the current evidence highlights the adverse health effects of the characteristics of the consumption of ultra-processed foods (UPF) and the effect they can have on intestinal health. This review aims to summarize the available evidence on the possible relationship between excessive consumption of UPF and the modulation of low-grade inflammation, as potential promoters of chronic diseases.

Posted On 08/03/2024

Guillermou

These trans fats increase the risk of diabetes, which is also associated with cardiovascular diseases and cancer. Hydrogenation is the main source of TFA production, the industrial hydrogenation part is mainly affected by the increased level of trans fats (10-50%) compared to the thermal process (1-3%)..--- v2.pjsir.org/.../3060 (2024).--

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LadyLifeGrows

I became aware of trans fats in 1998, years before laws changed. I no longer believe that "trans fats" are the real problem. For one thing, conjugated linoleic acid is an ESSENTIAL natural trans fat that is useful in weight loss, and found in dairy fat. Trans-vaccenic acid (vacca = cow) is another natural dairy trans fat that seems to help with heart conditions.~~~~~ The real problem is twisted fats and lipids changed into other biochemicals by heat and factory processes, such as hydrogenation, making hundreds of novel compounds. Most are likely harmless, but there is no way that we even know what all the damaging ones are. Today, manufacturers cut their "trans fat" numbers by FULLY hydrogenating fats. Since that is even more artificial, I believe that is probably worse for health. ~~~~~ Learn to cook, and you can buy top quality ingredients for the same price most Americans pay for microwaveable poison.

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