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# What You Need to Know About *Trans Fat*

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Trans fat is a specific type of fat that is formed when liquid oils are turned into solid fats, such as shortening or stick margarine. During this process-called hydrogenation-hydrogen is added to vegetable oil to increase the shelf life and flavor stability of foods. The results of the process is trans fat.

- Trans fat can be found naturally in some foods such as milk, milk products and meat.
- Trans fat can be found in many of the same foods as saturated fat such as vegetable shortenings, crackers, candies, cookies, snack foods, fried foods, (including fast foods), baked goods, pastries, doughnuts, and other processed foods made with or fried in partially hydrogenated oils.
- Like saturated fat and cholesterol, trans fat raises LDL, or “bad” cholesterol, which increases the risk of developing heart disease and stroke.
- Trans fat also lowers HDL, or “good” cholesterol in the blood.
- Reducing the amount of saturated fat, trans fat, and cholesterol in your diet may help decrease your LDL cholesterol level.