

## Does your business need an oil change?

### WHAT ARE TRANS FATS?

Trans fats, or trans fatty acids, are a type of fat that has a negative effect on health. They increase our risk of heart disease by increasing the 'bad' LDL cholesterol, while also lowering the 'good' HDL cholesterol, in our blood.

### WHAT FOODS CONTAIN TRANS FATS?

Naturally occurring trans fats are found in small amounts in dairy products, beef, veal, lamb and mutton.

Artificial, synthetic, industrial or manufactured trans fats are formed by the way some fats and oils are processed. They are created during the manufacture of some table margarines and in solid spreads used in the food industry to make baked products such as pies, pastries, cakes, biscuits and buns. They are also found in many deep fried foods.

### HOW CAN I STOP USING TRANS FATS IN MY FOOD SHOP?

One way to help reduce the amount of trans fats in your food is to change the type of oil you use. Use liquid vegetable (mono or poly unsaturated) oils such as olive, canola, sunflower, cottonseed, corn or soy oils.

Read labels and choose products that are free from trans fats and avoid foods that show hydrogenated oils or partially hydrogenated oils in the ingredients list.

## Says NO to Trans Fats



For further information on trans fats, please contact  
North Sydney Council's Environment Health Officers on 9936 8100