

The Dangers of **TRANS FATS**

反式脂肪的危害



What are Trans Fats?

Trans-fatty acids, also known as trans fats, are a type of unsaturated fat that has been chemically altered to make it more stable and solid at room temperature. They are created when unsaturated fats are partially hydrogenated. This process involves adding hydrogen atoms to the unsaturated fats. This is often used in the food industry to extend the shelf life of products and improve their texture and flavour.

Trans fats are found in many varieties of processed foods, including fried foods, baked goods and snack foods. They are often used in place of more traditional fats such as butter because they are cheaper and more stable. These fats have been linked to a variety of health problems. In this article, we will explore the dangers of trans fats and why they should be avoided.

Dangers of Trans Fats

Trans fats have been linked to a variety of health problems, including heart disease, stroke and diabetes. These fats raise LDL cholesterol levels, which can clog arteries and increase the risk of heart disease and stroke.

Trans fats also lower HDL cholesterol levels, which helps remove LDL cholesterol from the arteries. When HDL levels are low, the risk of heart disease and stroke increases.

In addition to their effects on cholesterol levels, trans fats have been linked to insulin resistance and type 2 diabetes. Insulin resistance occurs when the body becomes less responsive to insulin, which can lead to high blood sugar levels and an increased risk of diabetes.

Studies have also linked trans fats to inflammation in the body, which can contribute to a variety of health problems, including heart disease, diabetes and cancer.

什么是反式脂肪？

反式脂肪，也被称为反式脂肪酸，是一种不饱和脂肪，经过化学改变，在室温下更稳定、更固体。它们是不饱和脂肪部分氢化时产生的。这个过程包括向不饱和脂肪中加入氢原子。这通常用于食品工业，以延长产品的保质期，改善其质地和味道。

反式脂肪存在于多种加工食品中，包括油炸食品、烘焙食品和零食。它们经常被用来代替传统的脂肪如黄油，因为它们更便宜，更稳定。这些脂肪与多种健康问题有关。在这篇文章中，我们将探讨反式脂肪的危害以及为什么应该避免使用它们。

反式脂肪的危害

反式脂肪与多种健康问题有关，包括心脏病、中风和糖尿病。这些脂肪会提高低密度脂蛋白胆固醇水平，从而堵塞动脉，增加患心脏病和中风的风险。

反式脂肪还会降低高密度脂蛋白胆固醇水平。高密度脂蛋白有助于清除动脉中的低密度脂蛋白胆固醇。当高密度脂蛋白水平较低时，患心脏病和中风的风险就会增加。

除了对胆固醇水平的负面影响外，反式脂肪还与胰岛素抵抗和2型糖尿病有关。当身体对胰岛素的反应减弱时，胰岛素抵抗就会发生，这会导致高血糖水平和糖尿病风险的增加。

研究还发现，反式脂肪与体内的炎症有关，炎症会导致各种健康问题，包括心脏病、糖尿病和癌症。



How to Avoid Trans Fats

Trans fats are found in processed food made with partially hydrogenated oils. To avoid trans fats, read food labels carefully and choose products that do not contain the words 'margarine', 'shortening', 'artificial cream/creamer' 'partially hydrogenated...', or 'hydrogenated...' in the ingredient list.

It is important to read the list of ingredients carefully since label laws allow food companies to advertise a product as having 'ZERO gram trans fat' even if it contains up to 0.5 grams of trans fat per serving size of the product. The photo below serves as an example.



如何避免使用反式脂肪

反式脂肪存在于由部分氢化油制成的加工食品中。要避免使用反式脂肪，请仔细阅读食物标签，选择不含“人造奶油”、“起酥油”、“人造奶油/奶精”、“部分氢化”或“氢化”字样的产品。

仔细阅读成分表是很重要的，因为标签法允许食品公司宣传一种产品含有“零反式脂肪”，即使它每份量含有高达0.5克的反式脂肪。下面的照片就是一个例子。



Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		8g	12%	Cholest. 0mg	0%
Sat. Fat		1g	5%	Sodium 110mg	5%
Polyunsat. Fat		2g		Total Carb. 0g	0%
Monounsat. Fat		4g		Protein 0g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 10%		Vitamin E 20%	

Ingredients: Liquid Canola Oil, Water, Plant Stanol Ester, **Partially Hydrogenated Soybean Oil**, Salt, Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin, Polyglycerol Esters of Fatty Acids), Hydrogenated Soybean Oil, Potassium Sorbate, Citric Acid and Calcium Disodium EDTA to Preserve Freshness, Artificial Flavor, dl- α -Tocopheryl Acetate, Vitamin A Palmitate, Colored with Beta Carotene.

Ice cream may also contain trans fats. That is why it is important to read the ingredients list of ice cream in detail. A good ice cream brand would use 'cream' and 'milk' instead of 'vegetable oil'.

The body can digest natural fats because they can be broken down through a process called emulsification. This means that the fats are mixed with bile, which helps to break them down further. The broken-down fats can then be used to make hormones or stored in your body for energy.

However, trans fats are different from natural fats because they are large and dense. This means that they can't be broken down as easily, and they can build up over time. This build-up can cause harmful and toxic consequences as mentioned earlier in this article.

Trans fats have a half-life of about 52 days. This means that even after 75 days of consuming trans fats, about 25% of them can still be found in your body. This is why it's important to avoid consuming trans fats as much as possible and to stick to natural, healthy fats instead.

冰淇淋可能含有反式脂肪。这就是为什么详细阅读冰淇淋的成分表是很重要的。一个好的冰淇淋品牌会用“奶油”和“牛奶”而不是“植物油”。

人体可以消化天然脂肪，因为它们可以通过一种称为乳化的过程被分解。这意味着脂肪与胆汁混合，进一步分解脂肪。分解的脂肪可以用来制造激素或储存在您的身体里作为能量。

然而，反式脂肪不同于天然脂肪，因为它们体积大且密度大。这意味着它们不容易被分解，它们会随着时间的推移而积累。如本文前面所述，这种积聚可能导致有害和有毒的后果。

反式脂肪的半衰期约为52天。这意味着，即使在摄入反式脂肪75天后，体内仍然可以找到约25%的反式脂肪。这就是为什么要尽量避免摄入反式脂肪，而坚持食用天然的、健康的脂肪。

Dr. Lynn Tan's book **Cholesterol: Guilty or Innocent?** dives deep into this topic in the chapter entitled "Understanding Fats & Oils". Order the book today if you have not already done so.

Please turn to page 11 for a special offer on **Cholesterol: Guilty or Innocent?**

陈林希珠博士的著作《胆固醇:有罪还是无辜?》，在“理解脂肪和油”一章中深入探讨了这个问题。如果您还没有订购这本书，今天就立即行动!

请翻到第11页了解更多有关《胆固醇:有罪还是无辜?》的特别优惠。

