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## The Trans Fat Free Kitchen: Simple Recipes, Shopping Guides, Restaurant Tips (Paperback)

By Ronni Julien

HEALTH COMMUNICATIONS, United States, 2006. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. As of January 1st 2006 The Food and Drug Administration (FDA) began requiring food manufacturers to list trans fat (i.e., trans fatty acids) on Nutrition labels. But companies can still emblazon their packaging with Trans Fat Free even if a food has trans fats in levels less than .5 grams a serving. Confused? You're not alone. Enter The Trans Fat Free Kitchen, a simple, practical book that gives you a real-world guide to avoiding trans fats. A study in the Lancet proved that eating a mere 5 grams of trans fats a day increased women's rates of dying from a heart attack by 50 percent (5 grams of trans fat is found in one medium order of McDonald's fries or one small donut!) If you or someone you love wants to shed pounds and keep their heart healthy, there's good news: Eliminating or drastically reducing the amount of trans fat from your diet is the most effective thing you can do. The better news? Here's a simple guide to trans fat made simple. You'll learn...



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