

Put down that doughnut

[Health & Medicine](#)



**ASSIGN
BUSTER**

Summary The Food and Drug Administration (FDA) declared that partially hydrogenated oils cannot be considered safe. Finalization of this preliminary determination would categorize these oils as food additives, and their use in foods without approval would become illegal. Trans fat found in a variety of food products can cause heart disease. Addition of hydrogen to liquid oils solidifies them and increases their shelf life. Processed foods containing these partially hydrogenated oils consist of trans fat. While partially hydrogenated oil's use has a long history in American kitchens, its use has become increasingly limited lately. Major food chains have stopped the use of trans fat for frying or cooking their meals. These restrictions have yielded improved health results in particular areas. Use of trans fat is also being reduced by other countries across the world. Trans fat naturally occurs in dairy products and meat and it is safer than artificial trans fat. Certain food products have hidden trans fat and are labeled free of trans fat because of very little amount of trans fat in them. FDA is taking measures to quickly inhibit the use of trans fat. Major health-care organizations are in favor of inhibiting the use of trans fat in processed foods. Foods free of trans fat need revision of labels because the determination is essentially for partially hydrogenated oils instead of trans fat which might naturally occur in certain food products. Avoiding food products consisting of artificially produced trans fat would be a big step toward a healthier lifestyle.