

Good trans-fat essay example

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It has emerged from the empirical records and evidence as adduced by the United States of America dietary guidelines, that trans-fat especially on the basis of gram for gram is one of the most dangerous and harmful of them all. It is important and imperative to note and record that trans-fat is formed when the normal or the ordinary vegetable oil is made hard by exposure to hydrogen at high pressures and temperatures. The empirical studies arrived at the indisputable conclusion that trans-fat reduces the level of the HDL cholesterol which is acceptable and increases the relatively dangerous LDL cholesterol which could be harmful to the life of a human being. This logic, argument and line of thought resonates that the prospects of heart disease would be increased arithmetically. Secondly, it is evident that trans-fat stiffens and sort of blocks the arteries thereby exposing the patient to the risk of contracting diabetes, which is equally risky and dangerous. Following such developments and steps, the Center for Science did put forth a notification to the Food and Drug Administration to label the trans-fat as risky and dangerous to the life of a human being. In line with that development and advice, the Food and Drug Administration label and subsequently banned the use of trans-fat since there was a loop of evidence to suggest they were no longer wholly safe for human consumption. Summarily, as a result of these new developments, a major food outlets and restaurants have moved and fully changed their use of the hydrogenated fats to healthier oil such as vegetable oils. The above is in line with the bad publicity that the trans-fat have been slammed with. Thus those restaurants and food outlets must seek ways to remain relevant in the markets. Thus, it

is imperative to stress and mention that the negative effects of trans-fat outweigh its advantages by far.

Works Cited

Dietary Guidelines for Americans 2005. United States Department of Agriculture. 1 May 2008.

Web. 14 October 2014.