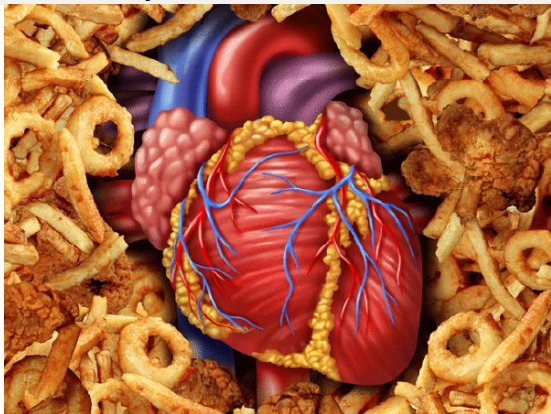


## Want to avoid a heart attack and prevent belly fat? 5 reasons to eliminate trans fats from your diet

Updated Dec 03, 2018 | 17:13 IST | Times Now Digital

**Trans fats can increase your risk of developing certain health conditions, including heart disease. Read on to learn how consuming trans-fatty acids can increase your health risks and make you fat.**



**5 reasons to eliminate trans fats from your diet | Photo Credit: Thinkstock**

**New Delhi:** Various studies have shown that avoiding trans fats as much as possible can help you yield amazing health benefits. In fact, many doctors consider trans fats as the worst type of fat one can eat. Unlike dietary fats that are found in a variety of plant-based foods and oils, trans fats raise LDL 'bad' cholesterol and lower HDL 'good' cholesterol, making you more prone to heart disease and abdominal obesity. It is said that worldwide, intake of foods high in trans fats causes more than 500,000 deaths from cardiovascular disease every year.

Also known as trans-fatty acids, this type of fat is found naturally in the gut of some animals and foods made from these animals. Artificial trans fats are produced in an industrial food processing method called partial hydrogenation, which involves adding hydrogen to liquid vegetable oils to make them more solid. Recently, the Food Safety and Standards Authority of India (FSSAI) launched a mass media campaign urging the elimination of industrially

produced trans-fat in the food supply. The campaign titled 'Heart Attack Rewind' supports FSSAI's global target of eliminating trans-fat in India by 2022, a year ahead of the global target by the World Health Organisation, the FSSAI said in a statement.

Trans fats are present in oily & fried foods & slowly deteriorate the human heart. FSSAI has decided to remove this completely from our edibles & started "Heart Attack Rewind" - a public awareness campaign, to free India from Trans fats by 2022, a year before @WHO set target.

### **How do trans fats affect your health?**

Trans fats, which are a form of unsaturated fat, have no known health benefits, and there is no safe level for consumption. Eating foods rich in trans fats are linked to various health conditions. Here are five reasons why you must eliminate trans fats from your diet.

**Heart disease:** Studies have found that trans fats significantly increase your risk of heart disease by raising bad cholesterol. However, this type of fat does not increase your good cholesterol.

**Type 2 diabetes:** Eating trans fats is linked to an increased risk of developing type 2 diabetes, although the link between trans fats and diabetes risks is not completely clear. Yet, researchers suggest that trans fats may cause insulin resistance and drive type 2 diabetes.

**Belly fat:** Consuming lots of trans fats can give you a pot belly. According to a study conducted by researchers at Wake Forest University, trans fats increase the amount of fat around the belly. This means not only trans fats make you fatter but can move fat from other regions to the belly, leading to abdominal obesity.

**Inflammation:** Trans fats have been shown to increase inflammation, especially in people who are overweight or obese, in both clinical trials and observational studies. It may be noted that chronic inflammation has been associated with certain diseases, including heart disease, stroke, autoimmune disorders like rheumatoid arthritis and lupus.

**Cancer:** While intake of trans fats before menopause was linked to an increased risk of breast cancer after menopause in the Nurses' Health Study, there is weak and inconsistent evidence for a relationship between trans-FA and cancer risk. But trans fats are found in high-calorie, fatty baked goods and other foods that can cause belly fat, which is a risk factor for cancer.