

HEALTHY LIVING

Trans Fats: Avoid these big offenders

(NC)-Reduce your intake of trans fats this summer by cutting back on these foods, unless the label indicates that they are low in trans fats. Trans fats are often (but not always) found in:

- Pancake and muffin mix
- Deep fried foods, such as fried seafood, onion rings

and fries

- Some bottled salad dressings and mayonnaise
- Ice cream sundaes and hot fudge sauce
- Cookies and crackers
- Pies, pastries and doughnuts
- Hard margarine and shortening

— ADVERTORIAL —

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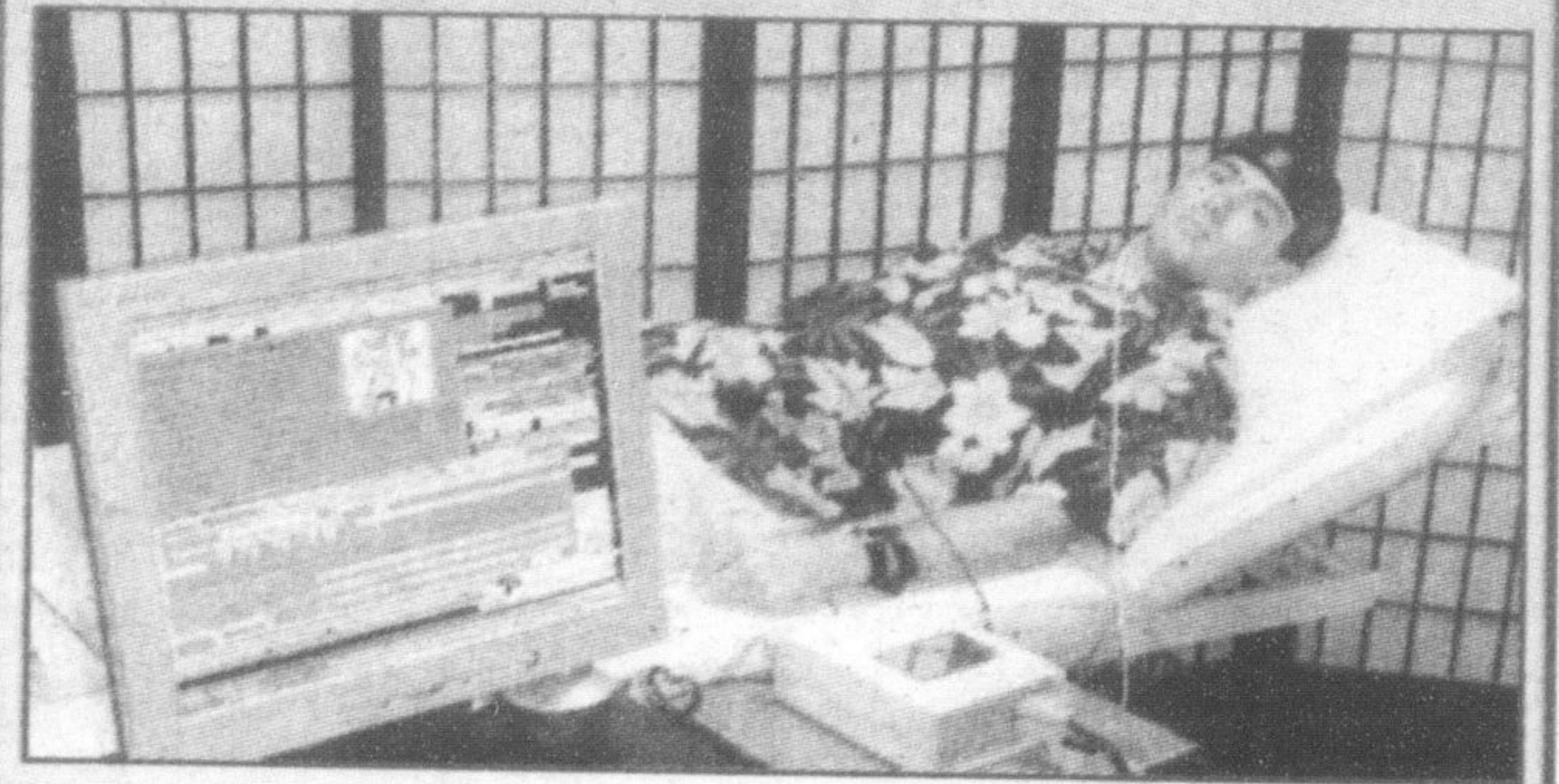
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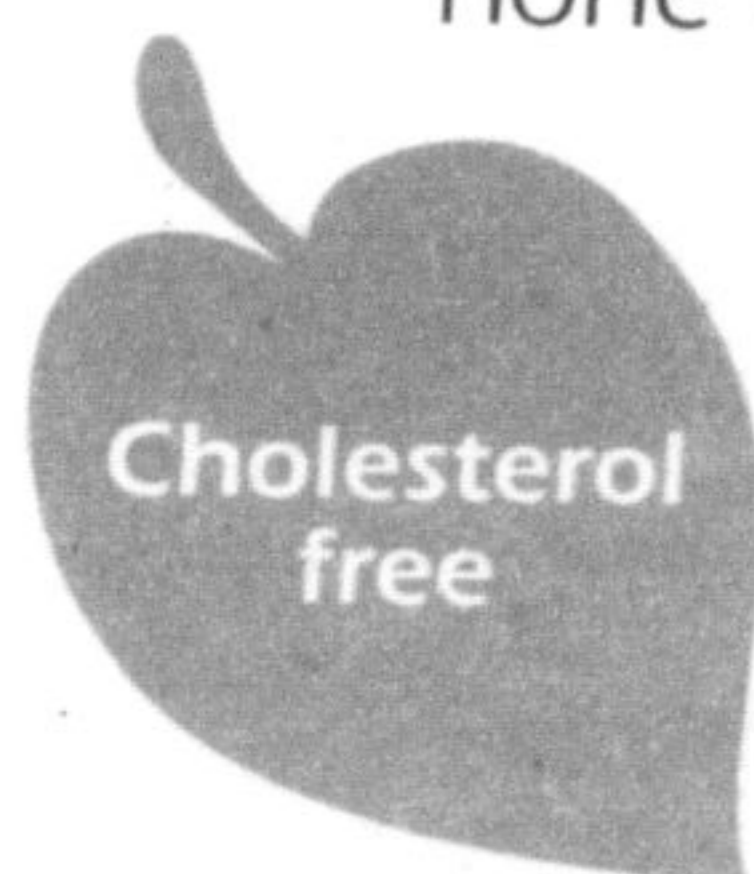
The Clinic of
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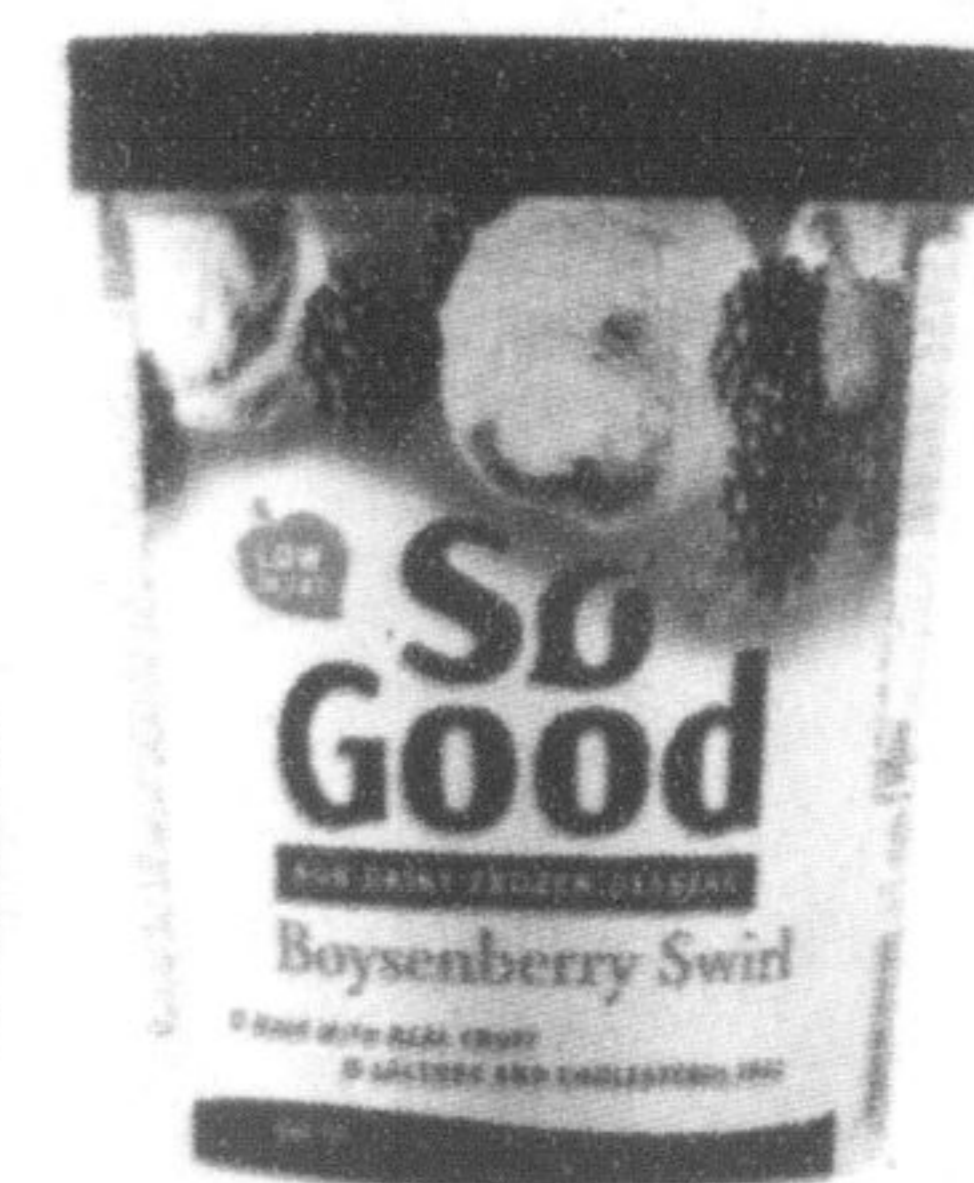
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