

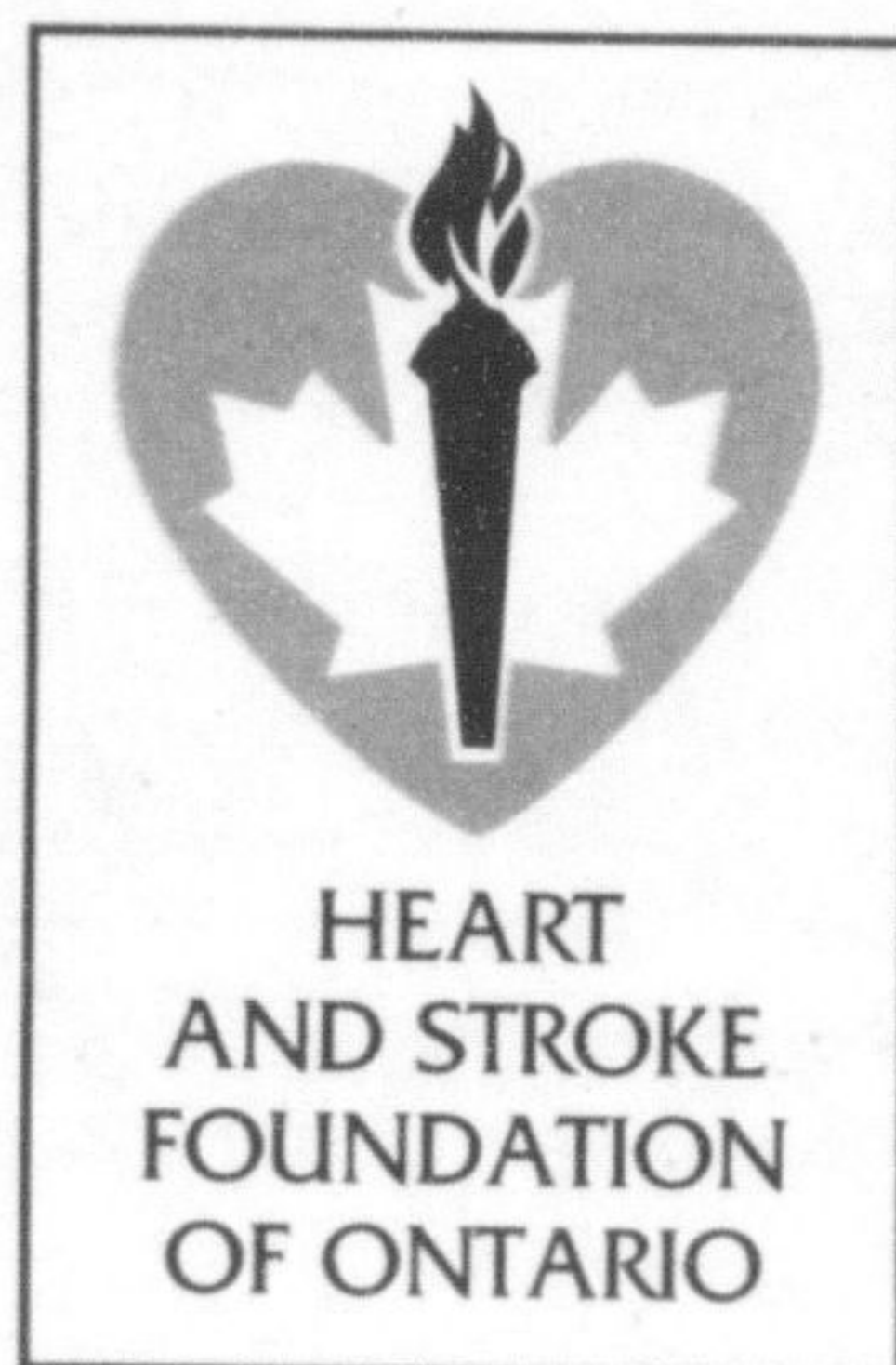


# Trans fat under fire

A lot of discussion and media attention has focused on the health effects of trans fat, but it is difficult to make sense of how or if trans fat can be eaten as part of a healthy diet. The Heart and Stroke Foundation of Canada is a leader in educating the public about the importance of eating a healthy and balanced diet. The following position statement was developed to help the public better understand trans fat, personal food choices, and their relationship to heart disease and stroke.

## FACTS

- Your diet can influence your risk for heart disease and stroke. Eating habits that will lower your risk include eating a high-fibre, lower-fat diet, eating lots of vegetables and fruit, and eating portions of food that are in line with your level of physical activity.
- Lowering trans fat and saturated fat in your diet will help reduce your risk for heart disease and stroke.
- Simply lowering or eliminating trans fat in packaged food will not necessarily make the food we eat more nutritious. You should also be aware of the salt and sugar content of foods and the overall number of calories.
- Your overall risk of heart disease or stroke is determined by ALL of your risk factors. There are risk factors that you can and cannot control.
  - Risk factors that you can control include: smoking, physical inactivity, high blood pressure, high blood cholesterol, obesity and diabetes.
  - Risk factors that you can't control include: age, gender, family history and ethnicity.
- You can reduce your risk of heart disease and stroke by knowing and controlling as many risk factors as possible.



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