

GOOD RIDDANCE TO TRANS!



Memo from MFJ

The partially hydrogenated oils in margarine, shortening, french fries, and thousands of processed foods contain trans fat. Twenty years ago, scientists (including me) thought trans was innocuous.

Since then, we've learned otherwise. In the late 1980s, studies began to show that trans fat actually promotes heart disease. In 1993, that evidence led us to ask the Food and Drug Administration to require food labels to disclose trans levels.

Trans fat is at least as bad as saturated fat, since it raises LDL ("bad") cholesterol about as much as sat fat does. That was reason enough for the National Academy of Sciences to recommend in 2002 that people consume as little trans as possible.

Newer evidence indicates that trans may be even more harmful than saturated fat. Unlike sat fat, trans lowers blood levels of HDL ("good") cholesterol. And several large epidemiological studies suggest that trans fat poses an even greater heart disease

risk than its effects on cholesterol levels would explain. (Of course, it's always possible that something else about people who eat more trans contributes to their higher risk.) Indeed, last April an advisory committee to the FDA concluded that trans fat is worse than saturated fat.

The bottom line: trans fat could be causing 20,000 or more deaths a year.

That's why we recently petitioned the FDA to prohibit the use of partially hydrogenated oils. Some companies are already headed down that road.

Among the foods that are, or are soon to be, almost or totally trans-free: most Frito-Lay chips, Triscuits, some Oreos, Promise margarine, and I Can't Believe It's Not Butter. Crisco now has a trans-free version. And Ruby Tuesday's has switched to (trans-free) canola oil for its fried foods.

I hope you will join our campaign to get rid of partially hydrogenated oils. Please mail the coupon or send a letter, fax, or e-mail. To learn (and *do*) more, go to www.transfreeamerica.org.



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As a member of the Center for Science in the Public Interest, I urge you to grant CSPI's petition to rescind all approvals of partially hydrogenated oils. Those oils contain trans fat, which is responsible for thousands of deaths annually, according to the Food and Drug Administration.

INTEGRITY IN SCIENCE CONFERENCE

Join us in Washington on July 12 for our second annual Integrity in Science conference. Learn how corporate-funded science is being wielded to frustrate regulation, corrupt legitimate research, suppress information about toxic products, and falsely reassure the public about the safety of foods, drugs, and pollutants.

To register, go to cspinet.org/integrity/conflictedscience_conf.html. For more information, contact Merrill Gozner at (202) 777-8374 or at CSPI—Suite 300, 1875 Connecticut Avenue N.W., Washington, DC 20009.

The next issue of
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will be a combined
July/August issue.
It should be in your mailbox
by mid-July.

The contents of NAH are not intended to provide medical advice, which should be obtained from a qualified health professional.

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