Name of Student

Name of Professor

Name of Class

Day Month Year

**Nutrition**

Consumption of fast food has increased in the modern era, as it is more delicious and costs less than healthy food. But processed food lacks the nutrients that are necessary for a healthy human body. Trans-fats are the chemical structures that considered harmful for health. But the natural Trans fats that are present in dairy are good for human health, its only artificially processed Trans fats, also known as hydrogenated fats that are responsible for creating health problems in consumers.

These fatty acids have a presence of one or more double bonds in Trans configuration, that makes them different from trans fats with cis-configuration. These Trans fats increase the LDL, triglycerides and insulin levels and reduce the amount of beneficial HDL in a body and result in cardiovascular diseases, breast cancer, colon cancer and diabetes (Dhaka et al.).

Trans fats are often mixed with saturated and unsaturated fats. Saturated fats are found in animal products and stay solid at room temperature. While unsaturated fats are oils and stay liquid at room temperature. On the other hand, Trans fats made from partial hydrogenation ("Learn The Facts About Fats").

Trans fats are present in a certain type of vegetable oils, microwavable popcorns, margarine, fried fast food, bakery products, non-dairy coffee creams, etc. We need to adopt food alternatives to get rid of Trans-fats from our diet. Substituting, oils with saturated butter, saturated vegetable oils, and non-microwavable popcorns can make a difference. Choosing restaurants that use healthy fats over Trans fats is also a good step towards a healthy living.

One person making healthy choices can't make a healthy society at a larger scale. We need multicomponent interventions and legislation to eliminate the Trans Fat from food products can prove to be an effective intervention to get rid of Trans fats(Hyseni et al.). Also, interventions that are targeted at changing individual's approach will achieve smaller goals in a long period of time. AT governmental level prices of the healthy food should be lowered and fast food taxes should be increased so that people can prioritize health over fast-food products.

**Works Cited**

Dhaka, Vandana et al. "Trans Fats—Sources, Health Risks And Alternative Approach - A Review". J Food Sci Technol, 2011, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551118/. Accessed 4 Apr 2019.

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