



# **The Trans Fat Solution: Cooking and Shopping to Eliminate the Deadliest Fat from Your Diet**

*Kim Severson, Cindy Burke*

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Research now confirms that trans fats—linked to heart disease, diabetes, and even cancer—are worse for our bodies than saturated fats such as butter and lard. That's why, in the summer of 2003, the FDA ruled that food manufacturers must list trans fat amounts on nutrition labels. Unfortunately, the new ruling won't be enforced until 2006. In **THE TRANS FAT SOLUTION**, Kim Severson, James Beard Award-winning food reporter for the San Francisco Chronicle, demystifies the science of trans fat (commonly known as partially hydrogenated shortening or oil) and offers simple formulas for detecting it in packaged foods. Working with Seattle-based chef and food consultant Cindy Burke, Severson offers more than 60 quick and delicious recipes for trans fat-free versions of your favorite foods, including Maple Crunch Granola, Bistro French Fries, Chicken-Tarragon Potpies, and, yes, even substitutes for high-fat offenders like piecrusts, waffles, and cookies. So next time you're tempted to open a box of crackers, a bag of microwave popcorn, or a package of ramen noodles, open **THE TRANS FAT SOLUTION** instead. Your health depends on it. The National Academy of Sciences recently declared that no level of trans fat is safe. It can clog arteries and leads to heart attacks, strokes, and other diseases. Trans fats are found in more than 40 percent of the processed food on super-market shelves—cookies, crackers, cakes, cereals, toaster waffles, biscuits, piecrusts, and even microwave popcorn! Reviews “**THE TRANS FAT SOLUTION** belongs on every kitchen shelf. The information is most valuable and the recipes are simple and ideal for the home cook.” —Marion Cunningham, author of *The Fannie Farmer Cookbook* “Great information for the health-conscious consumer. Even I learned something reading the book.” —Joanne Ikeda, codirector, Center for Weight and Health, University of California, Berkeley “If you're like most people, your pantry is chock-full of foods containing trans fats—cereals, microwave popcorn, cookies, crackers, baking mixes. . . . So how do you go about eliminating this deadly fat from your diet? *The Trans Fat Solution* by Kim Severson is a good place to start.” —*Spirit magazine*

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