PREPARED AND FAST FOODS
- French fries: 4.7–6.1 grams
- Chicken nuggets: 5.0 grams
- Pizza: 1.1 grams

PACKAGED SNACKS
- Tortilla chips: 1.6 grams
- Microwave popcorn: 1.2 grams
- Granola bar: 1.0 gram

BAKERY PRODUCTS
- Doughnut: 2.7 grams
- Cookie: 1.8 grams
- Danish: 3.3 grams

MARGARINES
- Vegetable shortening: 2.7 grams
- Stick margarine: 0.9–2.5 grams
- Tub margarine: 0.3–1.4 grams

These numbers were adapted from the article *Trans fatty acids and cardiovascular disease*, published in the April 13, 2006, issue of *The New England Journal of Medicine*, pages 1601–1613.

DETECTING TRANS FAT
Even if a product lists no trans fat in the Nutrition Facts panel, check the ingredients list for hydrogenated oils. Any oil that has been partially hydrogenated will contain trans fat.

CHEMICAL STRUCTURE OF FAT
The structure of a fat molecule changes how it behaves in the body. Straight-chained fats such as saturated fat and trans fat have unhealthy effects in the body, while bent-chained fats such as monounsaturated fat have healthful effects.