

## Fast-food trans fat

Levels of artery-clogging trans fat\* in fries and chicken at McDonald's and KFC are higher in countries where restaurants are still using partially hydrogenated vegetable oil for frying, Danish researchers report. Eating just five grams of trans fat per day raises the risk of heart disease by 25%



Grams of trans fat

### ***McDonald's large fries-and-chicken-nuggets combo***

New York:	10.2
Spain, Czech Rep., Russia:	3.0
Denmark:	0.3

### ***KFC large hot wings-and-fries or fried potato wedges***

Poland, Hungary:	19-plus
New York:	5.5
Germany, Russia, Denmark, Scotland:	Less than 1

*\*Trans fat raises bad cholesterol and lowers good cholesterol*

Source: Wire agencies

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