

# Sources of trans fats

Artery-clogging trans fatty acids – a by-product in the manufacture of synthetic solid fats from vegetable oils – pose a higher risk of heart disease than saturated fats, once believed to be the worst kind of fats. The average daily intake of 5.6 grams of trans fat can raise the risk of heart disease by up to 20%

Cakes, crackers, biscuits, pies, bread: **40%**

Animal and dairy products: **21%**

