

New website helps consumers understand natural trans fats

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It's time for fresh thinking on trans fats - from health recommendations, to food choices to nutrition labeling. And now there is a new website to help.

New research has unveiled that not all trans fats are created equal. A growing amount of evidence continues to suggest that industrial trans fats are indeed a major threat and should be avoided, says Dr. Spencer Proctor, Director of the Metabolic and Cardiovascular Diseases Laboratory at the University of Alberta in Canada. However,



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