

- Conclusiones -

Las grasas trans saturadas son notablemente perjudiciales para tu salud

- **Evita alimentos procesados elaborados con grasas**



- **Evita cocciones con gran cantidad de aceite y calor**

Consume abundantes grasas saludables

- **Aceites vírgenes crudos**

- **Evita cocinarlas siempre que puedas**



Health effects of trans-fatty acids: experimental and observational evidence.

Mozaffarian D¹, Aro A, Willett WC.



Grasas Trans:

- **Aumento de peso**
- **Provocan riesgos cardiovasculares y cardio coronarios múltiples**
- **Aumento colesterol malo**
- **Mayor riesgo de diabetes**
- **Inflamación**
- **Algunos tipos de cáncer (ej: mama, colon)**
- **etc...**

Trans fats—sources, health risks and alternative approach - A review

Vandana Dhaka, Neelam Gulia, Kulveer Singh Ahlawat, and Bhupender Singh Khatkar[✉]

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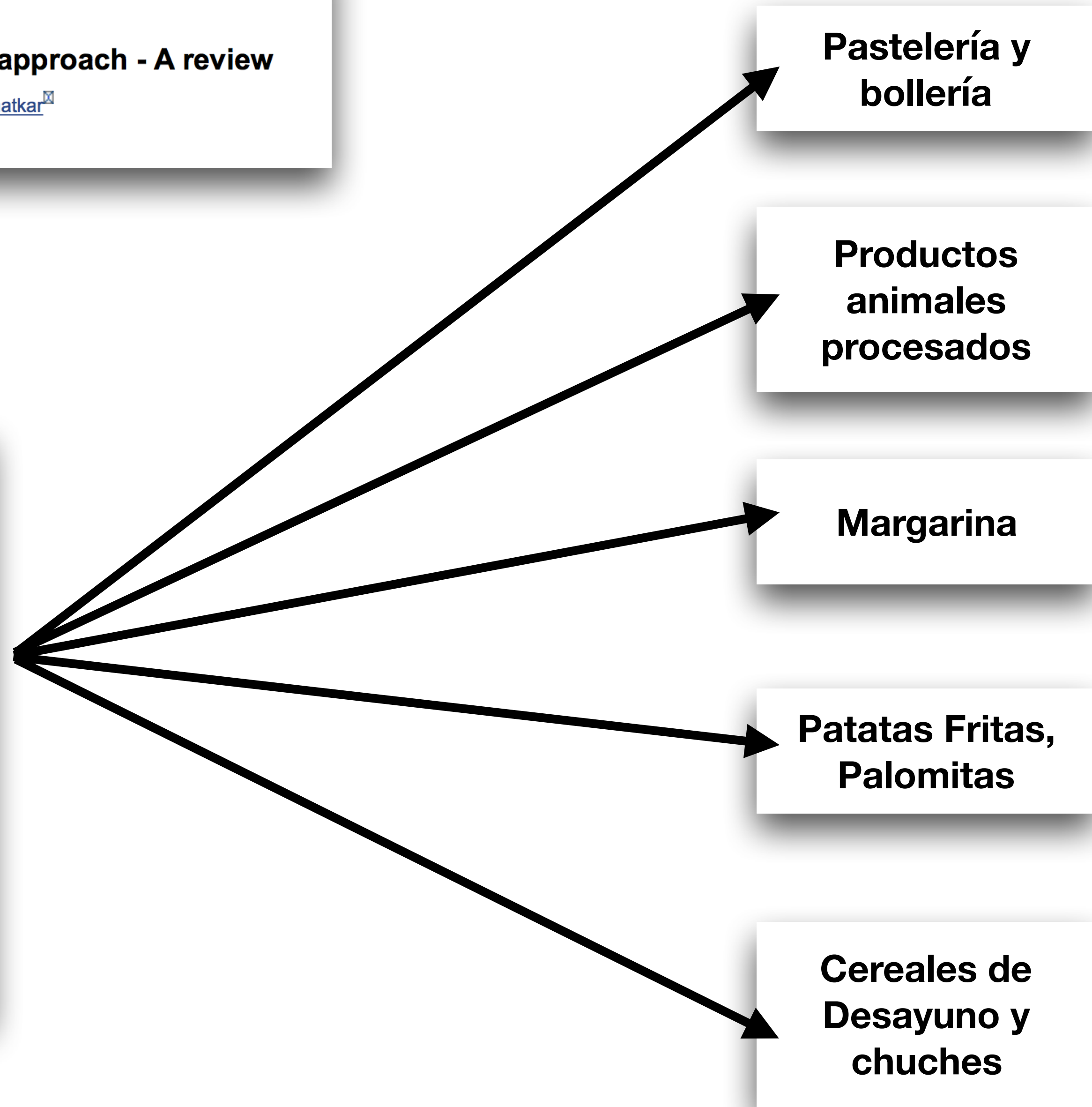
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Table 2

Contribution of various foods to trans fat intake in the diet

Food group	Contribution (per cent of total trans fats consumed)
Cakes, cookies, crackers, bread etc.	40
Animal products	21
Margarine	7
Fried potatoes	8
Potato chips, corn chips, popcorn	5
Household shortening	4
Breakfast cereals and candy etc.	5





Virgen Extra Siempre



#eatrealfood

Comida
Real

