

TRANS FAT INDEX REPORT

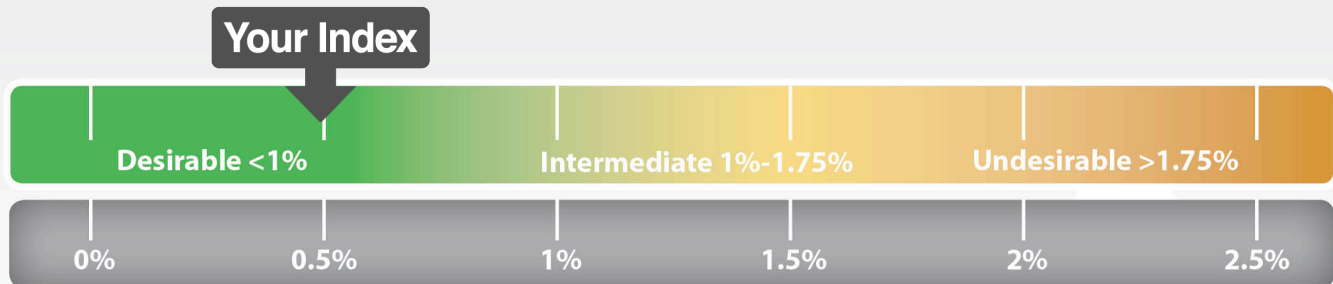
NAME: Doe, Jane
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COLLECTION DATE: 1/3/14
RESULT DATE: 1/8/14
PROVIDER: Doctor Name, MD
ACCOUNT:OMQ

Your Index

0.5%

Reference Range*: 0.5%–2.5%



* Reference Ranges encompass about 99% of US adults. Visit our FAQ section for more info.

**Your Trans Fat Index is within the Desirable range of less than 1%.
You are advised to maintain your current dietary patterns.**

Like the essential omega-3 and omega-6 fatty acids, trans-fatty acids (fats) come only from our foods; that is, they cannot be made in the body like saturated and mono-unsaturated fats can. Although a small amount of these fats are found “naturally” in foods like full-fat dairy products and beef, the great majority (80-90%) of trans fats come from the “partial hydrogenation” of liquid vegetable oils. This is an industrial process that converts these oils into solid margarines and shortenings. Consumption of these “industrial trans fats” has been linked to increased levels of “bad” cholesterol, and decreased levels of “good” cholesterol, and more importantly, to a higher risk for heart attacks. In 2013, the US Food and Drug Administration (FDA) began to take steps to remove as much industrial trans fats from the American diet as possible.

Blood levels of trans fats reflect levels in the diet – the more you eat, the higher they are in the blood. Therefore, the only way to lower trans fat levels in the blood is to consume less trans fats from foods. The foods that provide the most trans fats in the American diet include cakes, cookies, pies, pastries, french fries, tortilla chips, crackers, popcorn, and stick margarines, as seen on the accompanying Trans Fat Table.

Unfortunately, it is virtually impossible to know for certain how much trans fat is in your diet. This is because varying amounts of trans fats are included in literally thousands of food products, and the amounts in any given food product can change over time depending on the prices of the fats used to produce the food. Consequently, the only way to know your personal Trans Fat Index is to measure it.

Americans eat too much trans fat. In fact, only about 12% of Americans have a Trans Fat Index of <1%, a level associated with reduced risk for cardiovascular disease. Most Americans are in the Intermediate range, but over 20% are in the undesirable range of greater than 1.65%.