

# Partially hydrogenated oils in nine percent of packaged foods

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(HealthDay)—Nine percent of top-selling packaged food products in the United States contain partially hydrogenated oils, with most of these products reporting 0 grams of trans fat per serving, according to a study published Aug. 28 in the U.S. Centers for Disease Control and Prevention's *Preventing Chronic Disease*.

Jenifer Clapp, M.P.A., from the New York City Department of Health and Mental Hygiene, and colleagues estimated the prevalence of partially hydrogenated oils in 4,340 top-selling packaged foods in the United States. Data were obtained from the National Salt Reduction Initiative (NSRI) Packaged Food Database.

The researchers found that 9 percent of products listed partially hydrogenated oils in their ingredient information. Of these products, 16 percent reported trans fat content per serving in excess of 0 grams or 0.5

grams per serving, while 84 percent listed trans fat as 0 grams per serving.

"Government efforts to eliminate partially hydrogenated oils from packaged foods will substantially reduce exposure to this known [cardiovascular disease risk](#) factor," the authors write.

The NSRI Packaged Food Database was supported by donors, including the WK Kellogg Foundation.

**More information:** [Full Text](#)

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