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## When Zero Doesn't Mean Zero...

Posted on [October 8, 2009](#) by [earthfare](#)

**Here's a riddle: when does zero not really mean zero?** Answer: When an ingredient label reads "0 grams of trans fats."

According to FDA guidelines, a food product can have up to 0.5 grams of trans fats and still qualify for the 0 trans fats label. While that may not sound like a lot, the Mayo Clinic recommends that people only eat a max of 2 grams of trans fats a day in a 2,000 calorie diet.

Just think about it. If you have four food items, each with around 0.5 grams of trans fats, you've just had your daily allotment of trans fats without even knowing it!

Before we go any further, let's discuss fats. Fats come in four types:

- 1.) monounsaturated
- 2.) polyunsaturated
- 3.) saturated
- 4.) trans fats

Monounsaturated and polyunsaturated (like Omega 3's) are the good fats. They raise your good cholesterol (HDL) and fight off the bad (LDL). These good fats are in olive oil, fish and flax – to name a few. Saturated fats should only be eaten in moderation. These fats can be found in animal products like dairy and beef.



The good fats – olive oil

Trans fats are the worst fats. In fact, several studies have linked trans fats to increased risk for heart disease. Trans fats also effectively lower your good cholesterol while raising your bad cholesterol.

Partially hydrogenated oil is full of trans fats. The process of hydrogenation takes a liquid fat and chemically passes hydrogen through it. This makes the fat not only solid at room temperature (just think about margarine when it's left out), but also extends the shelf life of products (Twinkies and Oreos).

How can you tell whether or not there are trans fats in your food? Read the ingredient label, and check for the words "partially hydrogenated oil." Because, even if the company is claiming that there's zero grams of trans fats, the FDA **still** requires that they include the term "partially hydrogenated oil" or shortening on the list of ingredients.

Always remember, just because the product claims to have 0 grams of trans fats, that may not always be true! Read the label!

This entry was posted in [Your Food](#) and tagged [Earth Fare](#), [healthy food](#), [partially hydrogenated oil](#), [trans fats](#), [zero grams of trans fats](#). Bookmark the [permalink](#).

## 19 Responses to When Zero Doesn't Mean Zero...



**Zach Bijesse** says:

[October 21, 2009 at 10:10 pm](#)

Saturated fats aren't bad for you, and you make it sound like they are: "Saturated fats should only be eaten in moderation." This statement is obviously correct, seeing as how everything should be eaten in moderation. Moderation: avoiding excess.

Any one want to challenge this?

[Reply](#)



**danelledrake** says:

[October 28, 2009 at 3:54 pm](#)

All the information I am learning is teaching me how to feed my family. We are learning to eat healthy and are committed to the long road ahead because we know the rewards and benefits are limitless.

[Reply](#)

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**granolaeter** says:

[December 3, 2009 at 1:52 am](#)

Reading every label is key. I'd like to take that one step further; If what is on the label doesn't sound like a food – it probably isn't a food – it is an added chemical. I'd like to see everyone get back to real food instead of food like substances.

By reading every label and getting rid of all chemicals in my diet I have finally gotten my weight and skin problems under control. Don't have to worry about portions either!!! And I love to EAT! Now, for the first time in decades I can eat as much as I want – as long as it is chemical free my weight does not increase. Great stuff.

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**earthfare** says:

[December 8, 2009 at 11:38 am](#)

Granolaeter, this is very true. Reading labels is very important and how true that these ingredient labels are scattered with unrecognizable items!

[Reply](#)

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**E R Smith** says:

[December 30, 2009 at 7:31 pm](#)

This info about fats is most helpful, however, I cannot get those coupons re pantry makeover!! Last night, I was somehow able to view one, went and bought black ink for my old printer but it kept saying that I needed the colored ink cartridge...now at library and I cannot find how to get the coupon again.

Please EF people tell me exactly how to do it.

Thank U

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**lindajohnson** says:

[January 12, 2010 at 9:01 pm](#)

great info–my husband and i are dibetics so, i am looking for sugar free recipes.

[Reply](#)

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**lindajohnson** says:

[January 12, 2010 at 9:03 pm](#)

i am looking for sugar free recipes.

[Reply](#)

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**earthfare** says:

[January 13, 2010 at 11:32 am](#)

Hi E R Smith, for the pantry makeover, you have to sign up for our health journey under "My Health Journey" After you fill out your profile, you should be able to print out your coupon.

[Reply](#)**Caroline Wasielewski** says:[January 16, 2010 at 8:38 am](#)

lost 7 lbs this week by just changing up my diet to organics and cutting back on sugar!

[Reply](#)**Pamela** says:[January 17, 2010 at 1:44 pm](#)

Article was great—thank you. This past year my 24 year old daughter went “vegan”, eating organic, and I have been literally stunned at the positive healthy affects in her weight, her mental health, her skin, her hair—everything! So, I bought a juicer for Christmas and have joined her in my own, new, “organic” adventure. We shop together at local, organic stores and she teaches me something new on every trip. Now I hear EarthFare is coming to Huntsville, Alabama and I am absolutely ecstatic!! I have already seen and felt the benefits of eating good, wholesome foods, have renewed energy from juicing organic raw veggies and fruits, and even put my beloved 12 year old Golden Retriever “General” on an organic diet! The old boy has pep in his step too!! We are quite the “rejuvenated” pair! I have my pantry makeover coupon ready and will be one of the first in line on opening day! I am soooooo excited!! ((( HAPPY DANCE!)))

[Reply](#)**alison** says:[January 18, 2010 at 11:17 am](#)

well gluten is also good for you and others except high fructose corn syrup. never eat that stuff!

[Reply](#)**Sarah** says:[January 26, 2010 at 11:41 am](#)

i've been label-watching for years and always wondered how companies got away with putting the 0g trans fat on the front of the boxes... thanks for the info!

[Reply](#)**Andrea** says:[January 26, 2010 at 1:46 pm](#)

I've been reading the ingredients on all food items before putting in my buggy when grocery shopping. I was told that when I shop at Earthfare, I would not have to do this. Is this true?

[Reply](#)**margie** says:[February 1, 2010 at 5:22 pm](#)

hello, Love your store... But I have the same question as one of your other costumers... where is the coupon for the pantry make over... it was there – and now it is gone... 😊 thanks... keep up the good work 😊

[Reply](#)**jacci usack** says:[March 28, 2010 at 2:27 pm](#)

you show a bottle of olive oil because that is natural. your butter spread has canola oil, which is not "natural." therefore, I would not choose either one of those butter products.

[Reply](#)

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**ashley brokop** says:

[April 2, 2010 at 8:44 am](#)

thank you for sharing this info in a totally understandable way. Just shared on fb....hope labeling laws change soon for PHO, HFCS, and for GMOs!!! People have no idea what is really going in their mouths, and if they did I think they would be sick.

[Reply](#)



**earthfare** says:

[April 2, 2010 at 8:53 am](#)

We agree, Ashley. Food has become so complicated these days which is so funny since people have always been eating and known what to eat! It's important to learn what's really in our foods — thank you for sharing!! We are glad to have you as someone spreading the news!

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Pingback: [Tomato Talk > Blog Archive > 10 Foods That Contain Good Fats \(Part 3\)](#)

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**earthfare** says:

[October 30, 2009 at 7:00 pm](#)

That is great – so happy to learn that you are using us for healthy eating! Enjoy!

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