

## **Application of Trans Fats in the Contemporary Foods**

Olena Regotun, Mariana Strizhnova

*National University of Food Technologies*

**Introduction.** We have all heard of the negative health consequences that come with consuming trans-fats from foods. Trans fats are especially bad for your heart, as they cause arteries to clog, raise your “bad” (LDL) cholesterol and lower your “good” (HDL) cholesterol. Trans fat, also known as trans-fatty acids, are actually considered to be the worst kind of fat by most doctors as they greatly contribute to the risk of heart disease, a leading killer of men and women.

Recently, a federal push in the USA has been made to eliminate the use of trans fats. This is great for public health but also for genetically modified crops developers, who have been wildly unpopular in the news lately. Monsanto and DuPont Pioneer are two genetically modified crop developers. These two developers have modified the genes of a soybean to adjust its composition to make a longer-lasting, imaginably healthier oil and bean, free of trans fats.

However, this is still not enough. What the FDA proposed is to consider trans fat a “food additive” and therefore trans fats would not be used in foods unless authorized by regulation (this does not include the trans fats that occur naturally in meats and cheese). It would also eliminate the ability for manufacturers to label their foods as “0” grams when they really contains “0.5” grams. The problem is, what will food manufacturers use to replace the partially hydrogenated oils?

**Conclusions.** The new beans could definitely help the biotechnology industry to be associated with a better name. This genetically modified bean is the first product to directly benefit consumers before farmers. Until now, most genetically engineered crops were aimed at helping farmers eliminate the use of pesticides, get rid of weeds and control insects and diseases. Only time will tell if this new oil will be incorporated into daily use. Even if this particular oil doesn’t take hold as the companies hope, the developers have now started a trend to produce products for consumers, instead of farmers.

### **References:**

1. <http://www.genomecompiler.com/beans-and-biotechnology/>
2. Making PCR: A Story of Biotechnology by Paul Rabinow