

11 things you need to know right now

By the WH experts

*Special
report*

Our experts are at the forefront of science and research (yep, that's why we gave them the job) and they constantly share their insights with us. Sure, sometimes we see a six-page story in it and other times a small column will suffice. So, we thought it was due time we pulled out the *WH* soapbox and let them stand on it – so they can share with you the one thing they're busting with passion about right now. Read on for the best advice you've never heard...



STYLING: JESSIE REED



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*Killer
cake*

Nutrition expert
Kristen Beck
believes people
have a right to
make healthy,
informed food
choices



NUTRITION

The UK has called for a ban on trans-fats. Here's why Australia (and you) should follow

Trans-fats are my big pet hate. They have no nutritional value and are only included in foods for the benefit of manufacturers. Now UK experts are calling for a ban on trans-fats in foods, hoping to emulate Denmark, Switzerland and Austria, as well as New York and California, which have all ditched them. Smart people.

US research reviewed the dietary intake of trans-fats in more than 85,000 women and found they contributed to the development of coronary heart disease. Trans-fats increase bad cholesterol and lower the good kind, and have also been linked with the development of macular degeneration.

There are moves by an Australian panel called Review of Food Labelling Law and Policy to improve the labelling requirements of trans-fats in our food – current laws don't allow consumers to make informed decisions about their intake of these fats. Unless you know to check the ingredients for “partially hydrogenated vegetable oils” or similar, you have no way of detecting which foods contain trans-fats. As a guide, they're commonly found in foods such as cakes, biscuits, pastries, snacks and fast foods, because they're cheap and can prolong shelf-life.

While US experts recently claimed that removing industrial trans-fats is “one of the most straightforward public health strategies for rapid improvements in health”, progress in public policy regarding a phasing out or ban of trans-fats is virtually non-existent in Australia. But even if the trans-fats ban doesn't go ahead, there's nothing stopping you from banning them from your own diet. ▶