

VO: EAT THIS. DON'T EAT THAT. CUT CARBS. CUT FAT. WHAT'S AN EATER TO DO? I'M RISE JILL MILLER.

EVERY DAY, CONSUMERS ARE BOMBARDED BY CONFLICTING AND CONTRADICTORY INFORMATION ABOUT NUTRITION AND BY FAR THE BIGGEST SOURCE OF CONFUSION IS FATS. MONICA REINAGEL, AUTHOR, LICENSED NUTRITIONIST, AND PROFESSIONALLY TRAINED CHEF, WANTS TO SET THE RECORD STRAIGHT ABOUT FATS.

MONICA: One of the biggest myths is that low-fat diets are better for weight loss and heart health. All too often, people on low -fat diets end up eating more sugar and refined carbohydrates--which can even worse for both your waistline and your heart! I recommend a diet with a moderate amount of fat—and a healthy balance of monounsaturated, polyunsaturated, and saturated fats.

VO: THE ONLY FATS YOU NEED TO COMPLETELY AVOID, SAYS REINAGEL, ARE TRANS FATS. FORTUNATELY, MANY FOOD MANUFACTURERS ARE REPLACING SHORTENING AND OTHER HYDROGENATED OILS WITH A HEALTHIER BLEND OF UNSATURATED AND SATURATED VEGETABLE OILS, SUCH AS PALM OIL. FOR MORE, VISIT AMERICAN PALM OIL COUNCIL DOT COM.