

## Trans Fat Foods

### Most commercially prepared baked goods including:

Cakes  
Icing made with solid vegetable shortening  
Cookies  
Doughnuts  
Muffins  
Crackers

### Fried Foods including:

French Fries  
Onion Rings  
Chimi-Changas  
Deep-fried mushrooms, cauliflower and other vegetables

Margarine  
Non-dairy creamers  
Solid vegetable shortening  
Microwave popcorn  
Peanut butter (unless it is "old-fashioned" with the oil on top)