

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)