Tran’s fat behaves like saturated fat. Doctors worry about trans fat because of its unhealthy effect on your cholesterol levels — increasing your low-density lipoprotein (LDL) or ‘bad’ cholesterol and decreasing your high-density lipoprotein (HDL) or ‘good’ cholesterol. There are two main types of cholesterol: i. LDL, or “bad,” cholesterol transports cholesterol throughout your body. Tran’s fat may increase inflammation, which is a process by which your body responds to injury. It’s thought that inflammation plays a key role in the formation of fatty blockages in heart blood vessels. Tran’s fat appears to damage the cells lining blood vessels, leading to inflammation. Fatty Acids: Saturated and Unsaturated Fatty Acids. 3 Harmful Effects of Bacteria to Human Affairs – Discussed! Interesterified fats have largely replaced hydrogenated vegetable fat, which is rich in trans fatty acids, in the food industry as an economically viable alternative, generating interest to study their health effects. The fat content of sampled oils from street vendors contained high levels of saturated fat (24.7-69.3 % of total fat) and trans fat (0.1-29.9 % of total fat). Fatty acid compositions and trans fatty acid contents of chocolate and chocolate wafers collected from Turkish markets were determined by GC. Total 62 samples, being all chocolates and chocolate wafers sold in Turkey, were investigated. These trans isomers may have deleterious effects on milk liquidity and the health of the mother and offspring [122].