

Margarine (Fats and Oils)

Interesting facts: Trans-fats are found in most kinds of margarine and are dangerous. Alarming new research has found that eating just a little too much trans-fat can dramatically increase your chances of having a heart attack or getting diabetes and even cancer.

How to use: Margarine is sold for use as a spread and for cooking but it is a harmful, synthetic substance.

DO NOT USE: Many false health claims are made about margarine.