

Types of Fat:

What You Need to Know

Saturated Fat	Unsaturated Fat	Trans Fat
$ \begin{array}{c} \text{H}-\text{C}-\text{C}-\text{H} \\ \quad \\ \text{H} \quad \text{H} \end{array} $	$ \begin{array}{c} \text{H} \quad \text{H} \quad \quad \text{H} \\ \quad \quad \quad \\ \text{C}-\text{C}=\text{C}-\text{C}-\text{H} \\ \quad \quad \\ \text{H} \quad \quad \text{H} \end{array} $	$ \begin{array}{c} \text{H} \quad \quad \text{H} \quad \text{H} \\ \quad \quad \quad \\ \text{H}-\text{C}-\text{C}-\text{C}-\text{H} \\ \quad \quad \quad \\ \text{H} \quad \quad \text{H} \quad \text{H} \end{array} $ <p>artificially hydrogenated)</p>
<p>Structure</p> <ul style="list-style-type: none"> No double bonds 	<p>One or more double bonds</p>	<p>Unsaturated fat with a <i>trans</i> configuration</p>
<p>Sources</p> <ul style="list-style-type: none"> Ghee, butter Red meat Coconut oil 	<p>Sources</p> <ul style="list-style-type: none"> Monounsaturated (olive oil) Avocados Polyunsaturated (fish) Flaxseeds, sunflower oil 	<p>Sources</p> <ul style="list-style-type: none"> Packaged snacks Margarine Baked goods Fried fast food
<p>Health Impact</p> <p>Raises LDL (bad cholesterol), may increase heart disease risk</p>	<p>Health Impact</p> <p>Lowers LDL, raises HDL (good cholesterol), heart-healthy</p>	<p>Raises LDL, lowers HDL increases inflammation and heart disease risk</p>
<p>State at Room Temp: Solid</p>		

The Dark Side of Chips: What You're Really Eating

Discover the hidden truth behind popular chips in the Indian market. We break down each ingredient, expose misleading marketing tricks, and reveal how chips can affect your health-plus tips for choosing better snacks.

What's Hiding in Your Chips?

1. Refined Palm Oil - High in saturated fats; linked to heart disease.
2. Trans Fats - Used for shelf stability; raises bad cholesterol.
3. Maltodextrin - Increases blood sugar levels; offers no nutritional value.
4. Flavor Enhancers (INS 627, 631) - Linked to headaches and hyperactivity.
5. High Sodium - Excess intake increases blood pressure and heart risks

Misleading Marketing Tricks:

- "Baked Not Fried": May still contain oils and sodium.
- "Zero Trans Fat": If under 0.2g per serving, it's legally 'zero'.
- "Natural Flavors": Often lab-processed additives.
- "Made with Real Potatoes": Often made with potato powder or flakes.

Call to Action:

Read now and uncover what the chips industry doesn't want you to know-your health deserves better snacks.