A fat is considered “saturated” when it’s carrying all the hydrogen atoms it can hold. Trans fats are created when manufacturers add hydrogen to unsaturated fats. Hydrogenation turns inexpensive vegetable oils into solid, spreadable fats that improve a food’s shelf life. That’s why trans fats and saturated fats are frequently found in processed foods such as margarine, crackers and cookies.

Unfortunately, trans fats raise the LDL cholesterol levels in your body, which is associated with heart disease and with hardening of the arteries. And trans fats can also lower your levels of good HDL cholesterol. (This is why you should avoid trans fats entirely.)

Of course, you do need some dietary fats for critical functions in your cell membranes and to help carry vitamins into your body. Plus, some unsaturated fats may lower LDL cholesterol levels. The key here, as in all things, is moderation. To meet your body’s needs, choose healthy fats, such as those from fish, nuts and seeds, and choose oils that are low in saturated fats, such as olive oil or canola.

当脂肪携带它所能容纳的所有氢原子时，它被认为是“饱和的”。制造商在不饱和脂肪中添加氢气时会产生反式脂肪。加氢将廉价的植物油转化为固体可涂抹的脂肪，从而改善食品的保质期。这就是为什么经常在加工食品中发现反式脂肪和饱和脂肪，如人造黄油，薄脆饼干和饼干。

不幸的是，反式脂肪会增加体内的LDL胆固醇水平，这与心脏病和动脉硬化有关。反式脂肪也可以降低你的高密度脂蛋白胆固醇水平。（这就是你应该完全避免反式脂肪的原因。）

当然，你需要一些膳食脂肪来处理细胞膜中的关键功能，并帮助将维生素带入体内。此外，一些不饱和脂肪可能会降低LDL胆固醇水平。与所有事情一样，这里的关键是适度。为了满足您身体的需要，选择健康的脂肪，例如来自鱼，坚果和种子的脂肪，并选择饱和脂肪含量低的油，如橄榄油或油菜籽。