

# WHAT ARE TRANS FATS?

Relevant for: Developmental Issues | Topic: Health & Sanitation and related issues

Our body requires only two kinds of 'healthy' fats - monounsaturated and polyunsaturated. They are a major source of energy. The kind that is harmful to our body is known as [trans fatty acids or TFAs](#). Artificial trans fats, which are considered harmful, are created in an industrial process that adds hydrogen to liquid vegetable oils. This is done to make them more solid, increase their shelf life, and for use as an adulterant as they are cheap.

Dear reader,

We have been keeping you up-to-date with information on the developments in India and the world that have a bearing on our health and wellbeing, our lives and livelihoods, during these difficult times. To enable wide dissemination of news that is in public interest, we have increased the number of articles that can be read free, and extended free trial periods. However, we have a request for those who can afford to subscribe: please do. As we fight disinformation and misinformation, and keep apace with the happenings, we need to commit greater resources to news gathering operations. We promise to deliver quality journalism that stays away from vested interest and political propaganda.

Dear subscriber,

Thank you!

Your support for our journalism is invaluable. It's a support for truth and fairness in journalism. It has helped us keep apace with events and happenings.

The Hindu has always stood for journalism that is in the public interest. At this difficult time, it becomes even more important that we have access to information that has a bearing on our health and well-being, our lives, and livelihoods. As a subscriber, you are not only a beneficiary of our work but also its enabler.

We also reiterate here the promise that our team of reporters, copy editors, fact-checkers, designers, and photographers will deliver quality journalism that stays away from vested interest and political propaganda.

Suresh Nambath

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About 61% of beneficiaries vaccinated are from 8 States and UTs

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