



GOLDEN BOY PIES, INC.

Trans fats, saturated fats, mono-unsaturated fats, poly-unsaturated fats . . . what's the difference, they're all fats, right? Well, yes, they are all fats. And – even “trans-fat-free” fats are, after all, still fats! But that's where the similarity stops.

The terms *trans*, saturated, and unsaturated, all refer to the physical configuration of a fat. Most occur naturally, with saturated fats coming mainly from animals (as well as a few plants, like coconut and palm), and unsaturated fats coming from most plants (soy, corn, safflower, olives, etc.). Even some *trans* fats occur naturally (mainly in dairy products), and these may even be beneficial. Humans have evolved to be able to process reasonable amounts of these naturally occurring forms of fats.

Saturated fats are more stable (last longer before turning rancid), and produce better results in frying and baking, than the various unsaturated fats. Today's “bad” *trans* fats resulted from an effort to make unsaturated vegetable oils more shelf-stable and more amenable to producing good textured fried and baked goods, by hydrogenating the oils. This produced solid, stable shortenings and margarines that performed well for frying and baking. *But* – now research seems to show that these hydrogenated fats are harmful to humans – far more than even the saturated fats we were trying to avoid!

Knowing this, now we're trying to avoid artificially produced *trans* fats, by replacing them with unsaturated oils and saturated fats from vegetable sources. Doing so is trying the patience of food manufacturers – and their customers – since the results so far are frequently less than optimal, when it comes to perceptions of texture, taste, and appearance.

We've become so used to hearing “free” combined with other words – sugar-free, fat-free, gmo-free – that when we hear *trans*-fat-free, many of us notice only the fat-free. We immediately assume that the taste will be bland, the texture dry, like so many fat-free foods we've seen. *But*, *trans*-fat-free, or zero *trans* fat, is definitely not free of fat. A pound of *trans*-fat-free fat has just as much fat as a pound of hydrogenated fat or a pound of saturated fat or a pound of unsatur . . . well, you get the picture.

Many of us think that, when we're eating high-fat food, there's no point in worrying about *trans* fats. Well, most of those high-fat foods are high in fats in naturally occurring forms – like butter, olive oil, peanut oil. And, while it's probably not a good idea to over-do on any fats, adding artificial *trans* fats to a meal or diet already high in fat can stress our bodies even more than the fat level itself.

In the end, we each have to decide whether we want to increase our risk by continuing to consume foods containing high levels of artificially produced *trans* (hydrogenated) fats – or whether, for the sake of our health, we're willing to accept some change in texture, taste, or appearance.

Here at Golden Boy Pies, Inc., we want to provide you with top quality products that are as healthy as we can make them. We are fully committed to *trans*-fat-free products, and we feel that our *trans*-fat-free pies, brownies, and treat bars are the equal of our previous products. We are working diligently to provide *trans*-fat-free cake icings that are as close as possible to our original-recipe cake icings in taste, texture, and appearance. However, we know that some differences still exist that we have yet to overcome. It's for that reason that we have returned limited varieties of our original-recipe-iced cakes to our product line. So you still have a choice, in case some of your customers aren't quite up to trading familiar pleasures for improved health.