

● - carbon ○ - hydrogen

SATURATED FAT

MONO UNSATURATED FAT

POLY UNSATURATED FAT

Three kinds of fats have different molecular structures. Saturated (animal) fats have tight structures with no free spaces.

SATURATED
beef
veal
lamb
pork
chocolate
ice cream
cream
butter
whole milk
whole milk cheeses

MONO UNSATURATED
olive oil
chicken
turkey
peanuts

POLY UNSATURATED
fish
safflower oil
corn oil
special margarine
soybean oil



fitness

Barry Franklin

Saturated vs. unsaturated fats

Question: What are the chemical and other differences between saturated and unsaturated fats? Is it possible to convert one fat into another?

What is the relationship between fat intake and heart disease? T.L., Southfield

Fats contain three general kinds of fatty acids — saturated, monounsaturated or polyunsaturated.

These atoms are attached. Simplified chemical diagrams of these fats, and a list of foods containing each, are shown in the chart.

WHEN A FAT is said to be "saturated," it means the carbon atoms are saturated with hydrogens. The structure appears tight and solid, with no free spaces. These fats are mainly from animal origin, and tend to harden at room temperature.

"Unsaturated" fats have some free space for hydrogens to hook on.

A "monounsaturated" fat looks as if a hinge has been added — hence, a more flexible structure which can bend or soften.

Polyunsaturated fats have several carbon atoms with no hydrogens attached. A greater number of hinges allows the molecule to be even more bendable. These fats are mainly of vegetable

or fish origin, and are liquid at room temperature.

UNSATURATED fats can be converted into saturated fats by a commercial food process called "hydrogenation."

Hydrogenated fats are those in which additional hydrogen has been forced to "hook up" with available carbons. Since hydrogenated fats are more resistant to spoilage, food manufacturers often employ this process to prolong the shelf life of their product.

The difference between saturated and unsaturated fats appears very important, particularly in relation to heart health. A high intake of saturated fat has been linked to increased blood cholesterol levels and the development of coronary heart disease.

Most nutritionists suggest that fat supply no more than one-third of all your daily calories. Furthermore, persons with heart disease are generally encouraged to increase the relative amount of mono and polyunsaturated fats and decrease their saturated fat intake.

Dr. Franklin welcomes questions addressed to this newspaper. He is co-director of cardiac rehabilitation Sinai Hospital and on the medical school faculty at Wayne State University.

Road board pushes joint safety plan

Oakland County's Road Commission is asking the federal government to drop its "disjointed" categorical aid safety programs in favor of a new federal-local safety partnership.

John R. Gnaou Jr., chairman of the three-man road commission, submitted the proposal to the Federal Highway Administration and the National Highway Safety Administration. Gnaou, of Bloomfield Township, said the highway safety improvement proposal was requested by Transportation Secretary Drew Lewis earlier this year.

The proposal is plan based, said Gnaou, on Oakland's "highway risk management" program and seeks to:

- Maintain and improve programs formerly supported by categorical funding.
- Address problems of local liability and keep them from increasing despite decreased federal support.
- Address problems of safety, liability and decreased revenue through local action.

"To enable the Oakland County Road Commission to further develop the approach and demonstrate what the program can do to significantly re-

duce accidents, we suggest that the federal government contribute \$28.7 million over five years (1985-89)," said Gnaou.

'Job Club' to help unemployed

Oakland County residents out of work can get professional job hunting help beginning Aug. 3 under a new county program.

Howard and Associates, Inc., under a county contract, will conduct Job Club programs — intensive job search programs to aid highly motivated persons.

Applicants should be willing to commit to a six-week program which runs from 8:30 to 12:30 Monday through Friday.

The company, located in Madison Heights, may be contacted at 548-8249, 548-7725 or 548-7145 by

Friday to schedule an interview. The program is limited to 40 persons.

Howard and Associates is a management training and personnel assessment firm. It teaches preparation of professional resumes, interviewing techniques and other tools for job hunting. Trained professionals work with participants on job leads and potential positions.

Eligible are Oakland residents who have been laid off during the past six months or have received notice of pending layoffs during the past six months. Enrolees are compensated for time and mileage.

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