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15 Trans Fats Foods To AVOID For Weight Loss | Weight Loss Food to AVOID

The health effects of trans fat alternatives ~~Hidden Sources of Trans Fat | WebMD~~ Trans-Fats: The Truth ~~FOODS THAT SHOULD BE AVOIDED BECAUSE THEY CONTAIN TRANS FATS. Saturated fats, unsaturated fats, and trans fats | Biology | Khan Academy~~

What are trans fats?

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