Trans Fat Restrictions Could Lead to More Government Control Over Food Production

The coming federal restriction on trans fats could be a test case for government control over the production of food, such as by limiting salt, sugar, caffeine and more, says Walter Olson at the Cato Institute. But a 2013 poll found 71 percent of Americans think government should not be in the business of banning food ingredients.

Olson recalls back in the 1950s when butter was heralded as bad and trans fats were considered good. My how things change!

Speaking of change, margarine use is slipping away. New science challenging butter as a cause of heart disease and the public’s preference for natural fats has butter consumption up 21% since its lowest reading in 1997.


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 41 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.