

### Afternoon Snack: As Far As I'm Concerned, These Are The Best Mainstream Tortillas You Can Buy

Want a recommendation for a super healthy tortilla? Read on...



One of my big pet peeves is seeing a product that claims to have "no trans fat," yet when you look at the ingredient label you find "partially hydrogenated soybean oil" on the list. What the heck? Here's the deal: Regulatory rules allow food makers to say "zero trans fat" as long as the per-serving amount of trans fat is .5 grams or less per serving--which can add up!

I think this is ridiculous. Given all we know about trans fats, I don't care if it's just a little--I want it out of my food! Sadly, most mainstream tortillas (I won't name names) are made with hydrogenated oils. I used to have to drive across town to a natural food store, or Whole Foods, to get a pack of natural tortillas, until I discovered [La Tortilla Factory tortillas](#).

#### Have you ever been forced to eat something unhealthy?

Guys, these tortillas, which are sold at many mainstream grocery stores--like Safeway--contain zero hydrogenated oils. And by zero, they mean zero--not .5 grams or deceiving labeling.

Enjoy!

Oh, and P.S. I'm eating a La Tortilla Factory corn tortilla with a little red pepper hummus and cherry tomatoes for a snack today.

