

Study: Trans fats may affect memory

By Dennis Thompson, CBS News

Trans fats may play havoc with your memory along with your cholesterol levels, a new study suggests.

Younger men who ate high levels of trans fats performed more poorly on a memory test involving word recall than those who ate lower levels, the researchers found.

In the study, each gram of trans fats eaten per day was associated with 12 to 21 fewer words recalled, out of an average score of 86, said lead author Dr. Beatrice Golomb, a professor of family and preventive medicine at UC San Diego School of Medicine.

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