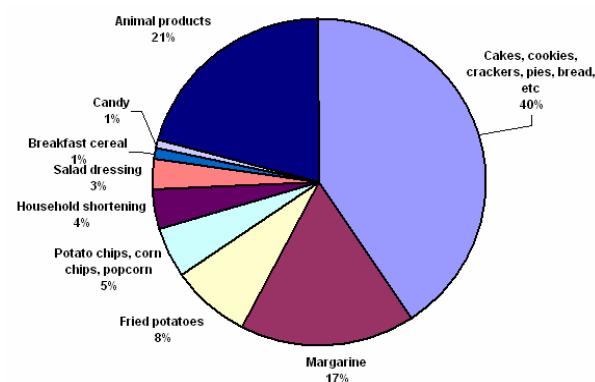


COMMON SOURCES OF FOODS CONTAINING TRANS FATS

- FOODS FRIED IN PARTIALLY HYDROGENATED VEGETABLE OILS
- MARGARINE AND VEGETABLE SHORTENING
- PREPARED FOODS SUCH AS PRE FRIED FRENCH FRIES
- TACO SHELLS
- DOUGHNUTS
- BAKED GOODS SUCH AS HAMBURGER BUNS, PIZZA, CRACKERS, COOKIES AND PIES
- PREMIXED PRODUCTS SUCH AS PANCAKE MIX AND HOT CHOCOLATE MIX
- PRODUCTS MADE WITH ARTIFICIAL TRANS FATS THAT HAVE 'PARTIALLY HYDROGENATED' OIL LISTED IN THE INGREDIENTS

MAJOR FOOD SOURCES OF TRANS FATS FOR AMERICAN ADULTS

WWW.FDA.GOV



2000 Alameda de las Pulgas, Ste. 100
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Trans-Fat Facts and Information



**SAN MATEO COUNTY
Environmental Health
Services Division**

2000 Alameda de las Pulgas, Ste. 100
San Mateo, CA. 94404
(650) 372-6200
www.smhealth.org.environ

ASSEMBLY BILL 97

CALIFORNIA HEALTH & SAFETY CODE
PART 7 CALIFORNIA RETAIL FOOD CODE
CHAPTER 12.6 TRANS FATS, SECTION 114377

INTRODUCTION

California became the first state legislature to pass statewide legislation (Assembly Bill 97) that would prohibit artificial trans fats from being served or used in the preparation of foods in restaurants and other food facilities.

January 1, 2010

Requires every food facility to maintain on the premises, the manufacturer's documentation or label for any food or food additive that is or includes any fat, oil, or shortening, for as long as this food or food additive is stored, distributed, served, or used in the preparation of food within the food facility.

Prohibits use of oil, shortening, or margarine containing artificial trans fats for spreads or frying, from being stored, distributed, served, or used in the preparation of any food.

Exception: Artificial trans fats can be used for deep frying yeast dough and cake batter until January 1, 2011.

January 1, 2011

Prohibits any food containing artificial trans fat, from being stored, distributed, served, or used in the preparation of any food within a food facility. **Exception:** Foods sold in a manufacturer's original, sealed package.

Trans Fat Basics

What is Trans Fat?

Trans Fat is the common name for a type of unsaturated fat with trans-isomer fatty acid(s). Trans Fats may be monounsaturated or polyunsaturated. It is a type of fat that raises the risk of heart disease. While some trans fat occurs naturally, most is artificial. The regulation addresses only artificial trans fat, which is the main dietary source of trans fat.

What is Artificial Trans Fat?

Artificial trans fats are produced when hydrogen is added to vegetable oil to make it solid, such as shortening or hard margarine. The process makes the oil last longer and gives baked good and commercially prepared foods a certain taste and texture.

A food contains artificial trans fat if the food contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless the label required on the food lists the trans fat content as less than 0.5 grams per serving.

Why is Trans Fat used?

Trans fat is used widely in processed food mainly for a longer shelf life and desirable palatability including texture. Trans fat is commonly used in fried and baked goods.

Why is Trans Fat Bad?

Unlike other dietary fats, trans fats are not essential, and they do not promote good health. The consumption of trans fats increases the risk of coronary heart disease by raising levels of bad (LDL) cholesterol and lowering levels of good (HDL) cholesterol.

Trans Fat Substitutes

What can I use for frying instead of oils that contain trans fat? Avoid using cooking oils that are high in saturated fats and/or trans fats such as coconut oil, palm oil or vegetable shortening.

Use traditional vegetable oils such as soybean, corn, or canola oil, as well as oils with long fry lives made from specific varieties of soybeans, sunflowers, and other grains or seeds.

What can I use for baking instead of shortenings with trans fat? Use soft margarine as a substitute for butter. Look for "0 g trans fat" on the nutrition facts label.

Since it may take time to find the right product it may be necessary to test replacement oils and shortenings.

Complying With The Regulation

The law applies to all food service establishments.

The law takes effect beginning January 1, 2010 with the exception of deep frying of yeast dough and cake batter.

You can use a product if the label or ingredient does not contain "partially hydrogenated," "shortening" or "margarine."

You can use a product with less than 0.5 grams of trans fat per serving.

Ingredient labels and nutrition facts must be available until the product has been completely used.