



Trans Fat Compliance

What is Trans Fat?

Trans Fat is a type of dietary fat. There are two sources of trans fat in the diet; industrially-produced and naturally-occurring. Most of the trans fat in our diet is industrially-produced, it is more harmful to our heart health than any other nutrient in our diet.



What is the Trans Fat Regulation?

The following are the trans fat regulations as set by the Government of BC, based on Health Canada's Trans Fat Task Force recommendations. If the food exceeds either limit for the trans fat restriction for food service operators, it must not be prepared, served or offered for sale to the consumer:

1. 2% trans fat or less of the total fat content in oil and soft spreadable margarines
2. 5% trans fat or less of the total fat content in all other foods
3. Food documentation is kept on site and provided to the Environmental Health Officer upon request

**This limit does not apply to food products for which the fat originates exclusively from ruminant meat (beef, lamb) or dairy products*

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for Industry Review*

**To be implemented
September 30, 2009**



Do my products meet the restrictions?

Read the ingredient list for each product. Identify if the product has "hydrogenated", "partially hydrogenated", "margarine" or "shortening".

If a food has none of these ingredients, it can be used in your food service establishment.

If your product has one of more of these ingredients, read the Nutrition Facts label to find the level of trans fat in your product.

Exemption: Pre-packaged foods that have a Nutrition Facts table and are sold directly to the consumer without any alterations (i.e. the package is not opened) do not have to meet 2% and 5% restrictions for industrially-produced trans fat.

Reading the Nutrition Facts label:

Find the Nutrition Facts label on the products to identify if it contains trans fat.

First find the amount of total fat (in grams) and the amount of trans fat (in grams) for the food.

Calculate the percentage of trans fat in the product:

$$\frac{0.1 \text{ grams trans fat}}{4 \text{ grams total fat}} \times 100 = 2.5\%$$

This example has 2.5% trans fat of total fat content and therefore meets the 5% trans fat restriction for food service operators.

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Nutrition Facts	
Valeur nutritive	
Per 100 g (100g) / par 100 g (100g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides 4 g	6 %
Saturated / saturés 2 g + Trans / trans 0.1 g	10 %
Cholesterol / Cholestérol	15 mg
Sodium / Sodium	270 mg
Carbohydrate / Glucides	14 g
Fibre / Fibres	1 g
Sugars / Sucres	2 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	10 %
Iron / Fer	2 %

Frequently Asked Questions

What is the compliance/enforcement policy? What is the likely outcome if we were found to be out of compliance? Would we be shut down?

Health Inspectors (or Environmental Health Officers) will be monitoring the regulation as a part of their normal food service site inspection routine. The offence violation scheme is being developed and will be comparable to the existing Food Safety Act. However, it is important to note that the regulation is not tied to the permit and so non compliance will not result in the removal of the operator's license.

Does the new trans fat regulation restrict naturally occurring trans fat?

Not if the only source of trans fat in the food product is from a naturally-occurring source such as beef, sheep, lamb, goat, bison, and deer, or from dairy products, such as milk, cream, and butter. If the food product has both a source of trans fat that is naturally-occurring and industrially-produced, this food product would be called a "mixed meal" and must meet the 5% trans fat restriction.

What is the difference between industrially-produced trans fat and naturally occurring trans fat?

Industrially-produced trans fat is made during a process called "partial hydrogenation", which is used to change liquid oils into solid fats. Naturally-occurring trans fat is made by bacteria in the stomach of ruminant animals such as cattle, sheep, goat, bison and deer. It is found in small amounts in the meat and dairy products of these animals including foods like beef, milk, cream, and butter.

What documents do I need to show compliance to the trans fat regulation? What will the Health Inspectors/Environmental Health Officers be looking for?

Food Service Operators are required to have a copy of the ingredient list, a Nutrition Facts Table, or a product specification sheet on all food products in a food service establishment until the food product is completely used. A label on a box of food product, such as a fry oil, can also be used for documentation. Documents on each food product must be provided on request to the Environmental Health Officer or Health Inspector. According to federal law, this documentation must be provided to you as a food service establishment each time you order a food product from the manufacturer.

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Improving the Health of British Columbians

What can I do?

- Switch to healthier oils
- Choose healthy spreads
- Order prepared foods with no more than 5% total trans fat content
- Limit the trans fat in menu items to 5% of total fat content



For More Info

www.restricttransfat.ca
or call 8-1-1

Choosing the Best Oil for the Job

Salad dressings, marinades, sautéing, stir-frying & some deep frying

Low/Mid Stability Oil

Includes traditional liquid vegetable oils such as canola, soy, sunflower and olive oils. When used at high heat, these oils break down more quickly than higher stability oils. If you deep fry with these oils, your oil will breakdown sooner, fried foods will seem greasier and therefore changing the oil more often will be required. Olive oils should not be used in a deep fryer.

Try items: 3482367 GFS Vegetable Canola Oil w/ Anti-Foam Box
3482157 GFS Vegetable Canola Oil w/ Anti-Foam Pail

Griddle & pan frying

Liquid Butter Substitutes

These are butter-flavoured shortenings and margarines (creamy and solid) that are much more stable than butter at high heat.

Try item: 1007960 Canola Harvest Grill-It Non-Hydrogenated Mini JIB

Deep frying

Naturally Stable Plant Oils

Including cottonseed, peanut, corn, rice bran and palm. Corn and peanut are traditional favourites. Mid oleic sunflower oil is also ideal for deep frying, wok cooking, pan frying, marinades and spray coatings. All these oils are considered mid/high stability oils. They have a longer fry life than low/mid stability oils and in most cases, needs fewer oil changes. This includes any brands that blend some of these oils together.

Try item: 3480267 GFS Sunflower Oil

Modified Composition Oils

Includes “low-linolenic”, “mid-oleic” and “high-oleic” oils, which have a very stable fatty acid composition that is good for extended deep frying. These oils come from plant sources (mainly soy, canola and sunflower) that have been bred for this purpose. These oils are considered to be the most heat stable and result in maximum fry life and better tasting fried foods than the oils listed in previous paragraphs.

Try item: 1027910 GFS Frymore Zero Trans Fat Vegetable Fry Oil

Animal Fats

Although animal fat based shortenings and lards are trans fat compliant, their high cholesterol content and high saturated fat content make them not the healthiest frying oils. Animal fat products do contain naturally occurring trans fat and therefore make them compliant.

Try item: 3480067 GFS Blended Shortening

