

Trans Fat Help

Trans Fat Website Help

Find the information you want quickly and easily.

Browse by Subject or Topic

On the left-hand side of the page is the navigation bar. The navigation bar lists the pages that highlight the main topics addressed in the website.

Browse by Food Service Type

Visit **How do I Restrict Trans Fat in....** to browse trans fat information organized by baking, frying and ready-made foods.

How do I get back to the home page?

If you select Home, which is displayed in the right-hand corner of each page, you will return to the home page.

Can't find what you're looking for?

If there's something you can't find we want to know! **Contact us.**

Feedback is welcome

The Trans Fat Help website is always evolving and adapting based on your needs. Please feel free to email us your thoughts and suggestions. **Contact us.**

Links to Common File Viewers:

- **Adobe Acrobat Reader (PDF)**

Links to Accessibility Tools:

- **Accessibility Tools for Adobe PDF Documents**
- **Adobe Web-based PDF to HTML Conversion Tool**

Links to Common Web Browsers:

- **Internet Explorer**
- **Firefox**