



ActNowBC.ca

# Trans Fat Help

## Educational Materials

- The **Trans Fat Information Card** was produced and translated in June 2009, to provide food service operators with information on the new trans fat regulation.
- Five versions of the Trans Fat Tip Sheet were produced and translated in October 2009, to provide ethnic food service operators with tips on restricting trans fat in their food service establishment.
- **Trans Fat Regulation Summary Powerpoint Presentation** - this presentation was developed as a means to deliver information on the BC trans fat regulation to staff.
- **Restricting Trans Fat: A Consumer Guide** was developed to help consumers understand how to restrict trans fat and saturated fat at home, at the grocery store and in restaurants.



## Chinese Food Service Establishments

講義

- Information Card (English version)
- Trans Fat Tip Sheet (English version)

## First Nations, Metis and Inuit Food Service Establishments

- Information Card
- Trans Fat Tip Sheet

## Indian Food Service Establishments

ਸਿਖਿਆ ਸਮਗਰੀ

- Information Card (English version)
- Trans Fat Tip Sheet (English version)

## Iranian or Persian Food Service Establishments

مواد و مطالب آموزشی

- Information Card (English version)
- Trans Fat Tip Sheet (English version)

## Korean Food Service Establishments

교육 자료

- Information Card (English version)
- Trans Fat Tip Sheet (English version)

## Vietnamese Food Service Establishments

### Tài Liệu Hướng Dẫn

- **Information Card (English version)**
- **Trans Fat Tip Sheet (English version)**

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