



ActNowBC.ca

Trans Fat Help

Industrially produced trans fat is calorie by calorie... the most harmful ingredient in the diet.

The BC government recognizes the harm from industrially produced trans fats and has introduced a regulation to restrict their use in all BC food service establishments.

As of September 30, 2009, all BC food service establishments must meet the following three regulatory requirements for all food located on the premises of, used in preparation, served or offered for sale:

1. Documentation for food is kept on site and provided to the Environmental Health Officer upon request (ingredient lists, Nutrition Facts table or product specification sheet).
2. All soft spreadable margarine and oil meets the restriction of 2% trans fat or less of total fat content.
3. All other food meets the restriction of 5% trans fat or less of total fat content.

If you need telephone information, call 8-1-1 and ask to speak to a HealthLink BC dietitian.

How Do I Restrict Trans Fat In...



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