

Trans Fat Help

Product List

The Product List is a resource for Food Service Operators. All products listed meet the trans fat restrictions of 2% or 5% or less trans fat of total fat content in accordance with the BC trans fat regulation. Only products that fit into one of the following categories are included on the Product List:

- **Liquid Butter Substitutes**
- **Low-Stability Vegetable Oils** (used for marinades, sautéing, stir-frying and occasional deep fat frying)
- **Mid & High-Stability Oils** (used for deep fat frying)
- **Shortenings**
- **Margarines**
- **Animal Fats**

The Product List does not constitute an endorsement of one product over another. Products have been listed based upon the percentage of saturated fat and then alphabetically. Choose the product with the lowest percentage of saturated fat that works for your menu item. While we endeavour to be all-inclusive, the list may not be exhaustive of all products in compliance with the BC trans fat regulation. Food Service Operators are encouraged to ask their suppliers about products available that meet the trans fat restrictions.

The Product List has been adapted with permission from Alberta Health Services – Calgary Health Region with the assistance of Richardson Oilseed Ltd.

If you would like to submit a product that meets the trans fat restrictions and fits into one of the categories listed above, download the **Product List Application** or email us at feedback@restricttransfat.ca.

- **Manufacturer & Distributor Information**