



Trans Fat Help

Resources & Websites

Resources

Food Labelling and Advertising

- **Guide to Developing Accurate Nutrients Values (Health Canada)**
- **Guide to Food Labelling and Advertising (Canadian Food Inspection Agency)**
- **Nutrition Information for Foods sold in Restaurants and Foodservice Establishments (Canadian Restaurant and Foodservices Association)**

Health Information About Trans Fat

- **Current Perspective on Trans Fat (Canadian Council of Food and Nutrition)**
- **Dietary Fat - The Good, the Bad and the Ugly (Dietitians of Canada)**
- **It's Your Health - Trans Fat Fact Sheet (Health Canada)**
- **Questions and Answers on Trans Fat (Health Canada)**
- **Trans Fat and Heart Disease and Stroke (Heart & Stroke Foundation)**

National Action on Trans Fat

- **Trans Fat: Beyond June 2006 (Canadian Council of Food and Nutrition)**
- **Trans Fat Monitoring Program (Health Canada)**
- **TRANSforming the Food Supply (Health Canada)**
- **Trans Fatty Acids: Current Content in Canadian Foods and Estimated Intake Levels for the Canadian Population (Health Canada)**

Websites

BC Health Authorities

- Fraser Health Authority
- Interior Health Authority
- Northern Health Authority
- Provincial Health Services Authority
- Vancouver Coastal Health Authority
- Vancouver Island Health Authority

Canadian Reformulation Centres

- **Canadian Not for Profit Food Development Processing Facilities**

Government

Federal

- Canadian Food Inspection Agency
- Health Canada

Provincial

- Ministry of Healthy Living and Sport

Health and Nutrition Organizations

- Dietitians of Canada
- HealthLink BC
- Health and Stroke Foundation of BC & Yukon

Other Jurisdictions with a Trans Fat Restriction

- **New York City Trans Fat Help Center**
- **Manitoba Healthy Food in Schools- Trans Fat Legislation**

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