

# British Columbia has a New Trans Fat Regulation



## Tips for Indian Food Service Establishments

### What is trans fat?

Trans fat is a type of fat. There are two types of trans fat in the diet.

- Industrially produced trans fat is found in partially hydrogenated fat and oil and any food made with these, such as pre-breaded, battered or fried food. Trans fat is more harmful to heart health than any other type of fat.
- Naturally occurring trans fat is found in ruminant meat and dairy products including beef, lamb, butter and cream. It does not have the same harmful effect to heart health as industrially produced trans fat.

### BC Trans Fat Regulation

As of September 30, 2009, all BC food service establishments must meet 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 list, Nutrition Facts table or product specification sheet) for all food in your establishment.
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.

Food exempt from the 2% and 5% trans fat restrictions includes:

- Food whose only source of trans fat comes from dairy products and ruminant meats (that is, naturally occurring trans fats).
- Pre-packaged food with a Canadian Nutrition Facts table that is sold or offered directly to a consumer without alteration (i.e. the package is not open).

# Which food might have industrially produced trans fat in an Indian food service establishment?

## Food used in baking:

- Vegetable shortening
- Vegetable ghee (vanaspati)
- Baking/hard margarine



## Ready-made food:

- Pre-breaded, battered or fried food such as samosa and pakora
- Desserts and sweets such as gulab jaman and jalebi
- Breads such as naan and puri

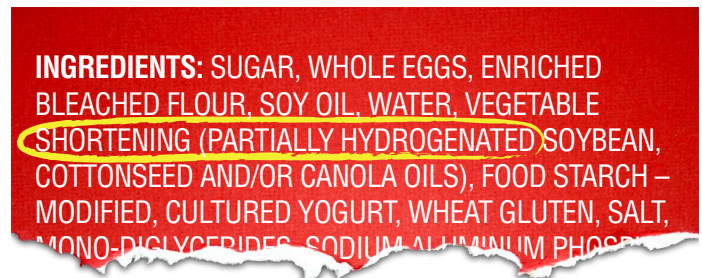


## Food used in cooking and frying:

- Pourable and solid vegetable shortening
- Vegetable ghee (vanaspati)
- Deep fry oil

## To find out if the food in your establishment meets the 2% and 5% trans fat restrictions use the following steps:

1. Read the ingredient list for the following words: "hydrogenated," "partially hydrogenated," "margarine" or "shortening."
2. If a food has none of these ingredients, it meets the restrictions and can be used in your establishment.
3. If a food has one or more of these ingredients read the Nutrition Facts table and calculate the percentage of trans fat content as follows:
   
**Trans fat (g) ÷ total fat (g) X 100 = %trans fat of the total fat content**
4. If the food meets the 2% and 5% trans fat restrictions, you can use the food in your establishment.



Using this Nutrition Facts table, this product meets the 5% trans fat restriction:

$$0.5\text{g trans fat} \div 14\text{g total fat} \times 100 = 3.57\% \text{ trans fat of the total fat content}$$

**For more help in calculating trans fat, visit [www.restricttransfat.ca/trans\\_fat\\_calculator](http://www.restricttransfat.ca/trans_fat_calculator) or call 8-1-1 to speak to a HealthLink BC dietitian.**

Nutrition Facts	
Yogurt Cake	
Serving Size 1 SLICE (57g)	
Amount	% Daily Value
Calories 250	
<b>Fat 14 g</b>	<b>22%</b>
Saturated 2.5 g	<b>13%</b>
<b>+ Trans 0.5 g</b>	
Cholesterol 55 mg	<b>18%</b>
Sodium 280 mg	<b>12%</b>
Carbohydrate 29 g	<b>10%</b>
Fibre 1 g	<b>4%</b>
Sugars 17 g	
Protein 4 g	
Vit A 0%	Vit C 0%
Calcium 4%	Iron 6%

## How do I find an alternative product that meets the trans fat restrictions?

If you need an alternative product, ask your supplier or visit [www.restricttransfat.ca](http://www.restricttransfat.ca) and review the Product List.

## The lamb I use has a high trans fat content. Can I continue to use it in my food service establishment?

Lamb has a high content of naturally occurring trans fat. Lamb can be used in your food service establishment as the trans fat restrictions do not apply to food that contains a sole source of trans fat as naturally occurring.

## How is the regulation enforced?

Environmental Health Officers (health inspectors) will be enforcing the new regulatory requirements as part of their food safety inspections. They will be asking for an ingredient list, Nutrition Facts table or product specification sheet for all food in your establishment to find out if the food meets the trans fat restrictions.

## How can I increase the fry life of my oil/shortening?

- Change the oil when it starts to breakdown; when oil becomes dark, thick, smokes, or foams or when fried food has an off-flavour and comes out greasy.
- Control the temperature. Do not heat above 180°C (355°F).
- Remove food particles by skimming the oil and filtering daily.
- Clean fryers frequently. Rinse with hot water to remove soap and particles.



## Where can I go for more information?

For information on the trans fat regulation and how it may be applied to your facility, visit [www.restricttransfat.ca](http://www.restricttransfat.ca) or **call 8-1-1 to speak to a HealthLink BC dietitian.**

*8-1-1 has translation services available.*