As of Sept. 30, 2009, all B.C. 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.

For information on the trans fat regulation and how it may be applied to your facility, visit www.restricttransfat.ca or call 8-1-1 to speak to a HealthLink BC dietitian. 8-1-1 has translation services available.
To find out if the food in your establishment meets the 2% and 5% trans fat restrictions, use the following steps:

1. Read the ingredients 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:
   \[
   \text{trans fat (g)} \div \text{total fat (g)} \times 100 = \% \text{ trans fat of the total fat content}
   \]

4. If the food meets the 2% and the 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