

British Columbia has a New Trans Fat Regulation



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-fried instant noodles. Trans fat is more harmful to heart health than any other type of fat.
- Heart disease exists in Aboriginal people at higher rates than the general population. In BC this rate is 25% higher and 50% higher when comparing female populations.¹ The higher rate of heart disease in Aboriginal people emphasizes the importance of restricting trans fat in your food service establishment.
- **Naturally occurring** trans fat is found in ruminant meat and dairy products including beef, butter, cheese and some wild foods such as bison and deer. Naturally occurring trans fat does not have the same harmful effect to heart health as industrially produced trans fat.

Tips for First Nations, Metis and Inuit Food Service Establishments

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.

¹ British Columbia Provincial Health Officer. (2009) Pathways to Health and Healing – 2nd Report on the Health and Well-being of Aboriginal People in British Columbia. Provincial Health Officer's Annual Report 2007. Victoria, BC: Ministry of Healthy Living and Sport.

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

A traditional Aboriginal diet is low in industrially produced trans fat and includes many healthy fats such as eulachon grease, seal oil and salmon oil. However, some contemporary food items and ingredients used in Aboriginal food service establishments that contain partially hydrogenated oil may have industrially produced trans fat in amounts that exceed the restrictions.

Fats used in cooking and frying:

- Pourable and solid vegetable shortening
- Deep fry oil

Ingredients used in baking and mixing doughs:

- Baking/hard margarine
- Roll-in shortening
- Icing, filling and whipped topping
- Puff pastry dough/pie crust
- Cake, cookie or muffin mixes

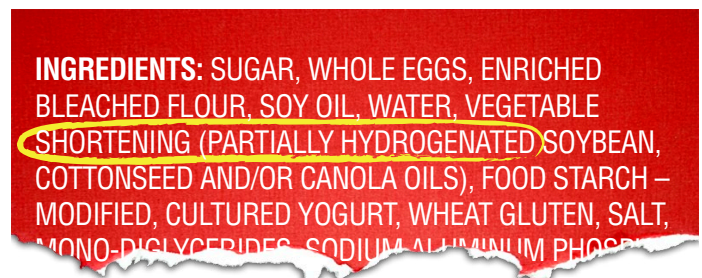
Ready-made food:

- Baked goods, pastries and desserts
- Pre-breaded, battered or fried food
- Frozen doughs
- Instant noodles



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:

$$\text{Trans fat (g)} \div \text{total fat (g)} \times 100 = \text{\%trans fat of the total fat content}$$

4. If the food meets the 2% and 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 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	
Fat 14 g	22%
Saturated 2.5 g	13%
+ Trans 0.5 g	
Cholesterol 55 mg	18%
Sodium 280 mg	12%
Carbohydrate 29 g	10%
Fibre 1 g	4%
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 and review the Product List.

Ruminant meat, including wild bison and deer, contains trans fat. Can I continue to use these in my food service establishment?

Yes. The trans fat in ruminant meat is naturally occurring. Foods whose only source of trans fat is naturally occurring are exempt from the trans fat restrictions and can be used in your food service establishment.

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.



We would like to thank Suzanne Johnson RD, Nutritionist with the First Nations Health Council and Tanya Davoren, Director of Health and Sport of Metis Nation British Columbia, for their time and commitment to developing this resource.

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 or **call 8-1-1 to speak to a HealthLink BC dietitian.**

8-1-1 has translation services available.