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Restricting Trans Fat in BC Food Service Establishments





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2008 Throne Speech Commitment

‘Government will now act to ban the use of trans fat in the preparation of foods in schools, restaurants and food service by 2010’.



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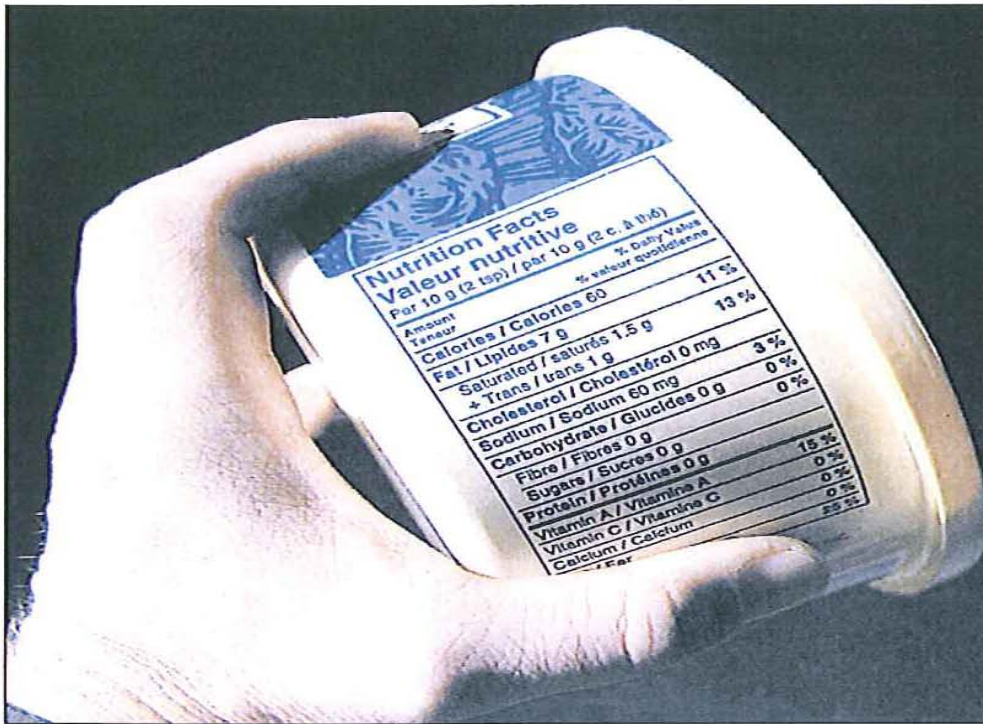
The Province

**FINAL
EDITION**

WEATHER
Some sun **A29**

\$2.25 minimum
in outlying areas
\$2.00 PLUS GST

SUNDAY, MARCH 8, 2009 || VANCOUVER, BRITISH COLUMBIA | WWW.THEPROVINCE.COM | A DIVISION OF CANWEST PUBLISHING INC.



Nutrition Facts Valeur nutritive	
Per 10 g (2 tsp) / par 10 g (2 c. à thé)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	60
Fat / Lipides	7 g
Saturated / saturés	1.5 g
+ Trans / trans	1 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	60 mg
Carbohydrate / Glucides	0 g
Fibre / Fibres	0 g
Sugars / Sucres	0 g
Protein / Protéines	A
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	25%

B.C. TAKES THE LEAD ON TRANS FATS

New regulations will make B.C. the first province to restrict trans fats in restaurant food

The use of margarine such as this — with trans-fat content of 1.0 g per 10 g, or 10 per cent — will be illegal in B.C. restaurants once new regulations come into effect in September.

GERRY KAHRMANN — THE PROVINCE

NEWS, A3



Trans Fat 101

- **Naturally occurring trans fat** is produced by bio-hydrogenation by ruminant animals
 - *Found in lamb, sheep, beef, bison, dairy products*
- **Industrially produced trans fat** is produced by a chemical process (partial hydrogenation) used to change liquid oils into solid fats
 - *Found in hydrogenated vegetable oils, shortenings and margarines and foods made with these oils*



Health effects of naturally occurring trans fat

- Naturally occurring trans fat do not have the same harmful effect as industrially produced trans fat



Health effects of industrially produced trans fat

- Increases LDL (“bad”) cholesterol and decreases HDL (“good”) cholesterol thereby increasing the risk for cardiovascular disease
- A high intake of industrially produced trans fat is responsible for an estimated 3,000 deaths from heart disease every year in Canada
 - »Heart and Stroke Foundation of Canada



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Regulation Development

- Based on recommendations from Trans Fat Task Force (Health Canada, 2006)
- Regulated under the BC Public Health Act
- Uses existing BC Food Safety Act, Food Premises Regulation and Canadian labelling regulations
- Informed by other provincial/federal jurisdictions
- Enforced within current legislation in BC



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The BC Trans Fat Regulation

The new regulation applies to:

- BC Food Premises with a permit to operate a Food Service Establishment (FSE)
- All food located on the premises of, used in preparation, served or offered for sale in the FSE

The three regulatory requirements are:

1. Documentation (ie: ingredient lists, Nutrition Facts table or product specification sheet) on site at all times;
2. 2% or less trans fat of the total fat content in oils and soft spreadable (tub type) margarines; and
2. 5% or less trans fat of the total fat content in all other foods.



The BC Trans Fat Regulation

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 customer without alteration.



Steps to find out if the food in your FSE meets the trans fat restrictions

1. Review the ingredient list on the food label or product specification sheet. Look for the words **“hydrogenated”**, **“partially hydrogenated”**, **“margarine”**, or **“shortening”**.
2. If a food has none of these ingredients, it meets the restriction 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 % trans fat content.
4. If the food meets the 2% and 5% trans fat restrictions, you can use the food in your establishment.



Common sources of industrially produced trans fat

- Baking (cake mix, icings, pie crusts)
- Pre-baked goods (cookies, cakes, croissants)
- Pre-fried goods (French fries, Asian noodles, onion rings)
- Other products (non-dairy creamer)





Example: Soft, spreadable margarine

1. Review the ingredient list on the food label or product specification sheet. Look for the words “hydrogenated”, “partially hydrogenated”, “margarine”, or “shortening”.

Partially Hydrogenated Soyabean Oil,
Liquid Soyabean Oil, Water, Salt Milk
Solids, Monoglycerides, Lecithin, Sodium
Benzonate (preservative), anti-oxidants
(BHA, BHT, TBHQ), Butter Flavour, Vitamins
E, D & A, Citric Acid, Beta Carotene



2. If a food has one or more of these ingredients, read the Nutrition Facts table and calculate the % trans fat content.

Find the amount of:

FAT (grams)



and TRANS FAT (grams)



Calculate % trans fat of total fat:

$$3 \text{ g} / 10 \text{ g} \times 100\% = 30\%$$

Nutrition Facts	
Per 125 mL (85 g)	
Amount	% Daily Value
Calories 87	
Fat 10 g	15%
Saturated 2 g	9%
+ Trans 3 g	
Cholesterol 0 mg	0%
Sodium 98 mg	
Carbohydrate 0 g	0%
Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%



Regulation Enforcement

- Component of food safety inspection by an Environmental Health Officer
- Monitor for the three regulatory requirements
- Use documentation to determine trans fat content, no lab analysis
- Not tied to a permit to operate
- Voluntary Documentation Audit for Chain FSEs
- Questions regarding enforcement should be directed to Health Authorities – Health Protection



Implementation of trans fat regulation

- Developed a partnership with Heart and Stroke Foundation BC & Yukon to support implementation of the regulation
 - Resources for operators
 - Industry consultation and engagement
 - Displays at tradeshow and conferences



Trans Fat Resources

- **Trans Fat Website (www.restricttransfat.ca)**
 - Includes: Regulation; Q & A's; Trans Fat Calculator; Product Lists; How to meet the regulatory requirements; Tip sheets for ethnic operator, consumer resource
- **Dietitian Services at HealthLink BC (8-1-1)**
 - Toll-free phone line available Monday to Friday 9-5 pm; Translation services in 130 languages