

# British Columbia's Trans Fat Regulation

## Documentation Requirements

### What information do I need on site?

For all food (except fresh fruit and vegetables, eggs, raw meat, fish and poultry) located on the premise of, used in preparation, served or offered for sale you need:

- an **ingredient list** and;
- a **Canadian Nutrition Facts table**

### What sources of information are accepted by an Environmental Health Officer (EHO)?

- the original food product label; or
- a product specification sheet provided by your supplier; or
- an electronic database

**INGREDIENTS:** POTATOES, SAFFLOWER AND/OR SUNFLOWER OIL, SEA SALT.  
**INGRÉDIENTS :** POMMES DE TERRE, HUILE DE CARTHAME ET/OU HUILE DE TOURNESOL, SEL MARIN.

#### Nutrition Facts Valeur nutritive

Per 18-20 chips (40 g)  
pour 18-20 croustilles (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
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**Calories / Calories** 210

**Fat / Lipides** 13 g **20 %**

Saturated / saturés 1 g **5 %**  
+ Trans / trans 0 g

**Cholesterol / Cholestérol** 0 mg

**Sodium / Sodium** 160 mg **7 %**

**Carbohydrate / Glucides** 22 g **7 %**

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.



## When an Environmental Health Officer does a trans fat inspection, how do I provide the required information?

If all of your products are labeled with a Canadian Nutrition Facts table and ingredient list, simply show the EHO to your stock room, fridge or freezer. The EHO will check a selection of foods and beverages that may contain industrially produced trans fat.



## What if I have a product that is not labelled?

Ask your supplier/manufacturer for a product specification sheet. Keep these handy in a binder or electronically to show your EHO.



## My restaurant is part of a chain that participated in the trans fat central documentation audit. Do I still need information on site?

Yes. Information for all foods must be kept on site. In addition, a copy of the audit letter provided by your head office may also be kept on site.