

British Columbia has a new trans fat regulation.

# How do you measure up?

**As of September 30, 2009, all BC 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](http://www.restricttransfat.ca) or call 8-1-1 to speak to a HealthLink BC dietitian. 8-1-1 has translation services available.



ActNowBC



HEART &  
STROKE  
FOUNDATION  
OF CANADA

Finding answers. For life.™

## 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:

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

**INGREDIENTS:** SUGAR, WHOLE EGGS, ENRICHED BLEACHED FLOUR, SOY OIL, WATER, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED AND/OR CANOLA OILS), FOOD STARCH – MODIFIED, CULTURED YOGURT, WHEAT GLUTEN, SALT, MONO-DIGLYCERIDES, SODIUM ALUMINUM PHOSPHATE

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%

For more help in calculating trans fat, visit [www.restricttransfat.ca/trans\\_fat\\_calculator](http://www.restricttransfat.ca/trans_fat_calculator)