

British Columbia has a New Trans Fat Regulation

Restricting Trans Fat: A Consumer Guide

Why is Trans Fat Harmful to Your Health?

Industrially produced trans fat increases your risk of heart disease by raising the levels of bad cholesterol (LDL) and lowering the levels of good cholesterol (HDL), which can clog arteries and affect overall health. Saturated fat is also harmful to heart health and should be limited in the diet.

BC Has a New Regulation That Restricts Trans Fat. What Does This Mean For Me?

British Columbia is the first province in Canada to adopt a province-wide trans fat restriction. As of September 30th, 2009, all foods and ingredients used in food service establishments, including restaurants, in store delis, school cafeterias, and many bakeries, must meet the following restrictions:

- 2% trans fat (of total fat) or less for soft spreadable margarines and oils.
- 5% trans fat (of total fat) or less for all other foods.

You should not notice a difference in the taste or texture of most foods prepared without trans fat and you will still have many menu items to choose from.



What is Trans Fat?

Trans fat is a type of fat found in certain foods. There are two kinds of trans fat in the diet:

- **Industrially produced trans fat** is “man-made” and is found in partially hydrogenated fat and oil and any food made with these such as crackers, cookies, donuts, cakes, pastries, muffins, croissants, snack foods and fried foods. Industrially produced trans fat is more harmful to heart health than any other type of fat.
- **Naturally occurring trans fat** is found in certain meat and dairy products including beef, lamb, butter and cream. It does not have the same harmful effect to heart health as industrially produced trans fat.



To learn more about BC's Trans Fat Regulation and healthy eating, visit www.restricttransfat.ca or call 8-1-1 to speak with a HealthLinkBC dietitian. 8-1-1 has translation services available.

How can I limit saturated and trans fat?

Whether eating at home or on the go, following the recommendations in 'Eating Well with Canada's Food Guide' (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>) is a good way to lower the amount of trans fat and saturated fat in your diet. Choose low-fat dairy products and lean meats, whole grain breads and cereals, nuts and seeds and eat more vegetables, fruit, beans, lentils and tofu. Include 2 to 3 tablespoons of healthy unsaturated fats and oils, such as canola and olive oil each day. For more information on healthy eating, visit Dietitians of Canada (www.dietitians.ca).

At home:

- Cook and bake from scratch more often. Use liquid vegetable oils and non-hydrogenated soft margarine instead of stick (hard) margarine, butter, shortening or lard.
- Try non-hydrogenated soft margarine, nut butter, or olive oil on bread and rolls instead of butter.
- Choose cooking methods such as grilling, baking, broiling, microwaving, steaming, poaching or barbecuing instead of frying or deep frying.

At the Grocery Store:

- Limit pre-fried, breaded or battered foods such as battered fish and vegetables, chicken nuggets, onion rings, and spring rolls.
- When choosing pre-packaged foods:
 - Read the ingredient list and avoid foods with partially hydrogenated or hydrogenated vegetable oil.
 - Choose soft margarines that are non-hydrogenated and contain 2 grams or less of saturated and trans fats combined in the Nutrition Facts table.
 - Read the Nutrition Facts table and use the %Daily Value (%DV) to choose foods that have less than 10% DV for trans and saturated fat.
- Remember that making healthy food choices means more than choosing foods that are "trans fat free" or contain 0 grams of trans fat. Be sure these foods are also low in saturated fat, sodium and calories.

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	
Per 2 tsp (10 g)	
Amount	% Daily Value
Calories 70	
Fat 8 g	12 %
Saturated 1 g	5 %
Trans 0 g	
Cholesterol 0 mg	
Sodium 65 mg	3 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

At Restaurants:

- Ask your server for nutrition information for menu items. Even though restaurant foods are required to be restricted in trans fat, they can still be high in calories, saturated fat and sodium.
- Make wise choices by watching your portion sizes, order grilled, steamed or baked foods instead of deep fried foods, request salad dressings on the side and choose a healthy beverage such as water, 100% fruit juice or lower fat milk.



Look for the Health Check™ symbol on grocery products and menu items to help you restrict trans fat and saturated fat in your diet.

www.healthcheck.org