

ENVIRONMENTAL HEALTH INFORMATIONAL BULLETIN

TRANS FAT BAN

A recent law banning artificial trans-fat from being served in restaurants goes into effect on January 1, 2010. For restaurant owners and operators, this means our Inspectors will be checking for trans-fat ingredients used in preparing foods. Section 114377 of the California Health & Safety Code will be implemented in two phases:

Phase 1- Beginning January 1, 2010

No oil, shortening, or margarine containing artificial trans-fats may be stored, distributed, served, or used in the preparation of any food within a food facility. Oil and shortening used to deep fry yeast dough or cake batter are exempt until Jan 1, 2011.

Phase 2- Beginning January 1, 2011

No food containing artificial trans-fat, including oil and shortening used in deep frying of yeast dough or cake batter, may be stored, distributed, served, or used in the preparation of any food within a food facility.

There are a few exemptions to the "trans-fat ban," including: food that is sold in the manufacturer's original, sealed packaging; food or ingredients with less than 0.5 grams of artificial trans-fat per serving; and naturally occurring trans-fat commonly found in meat and dairy products.

Looking for Artificial Trans-fat? Check the nutrition facts panel

- If it shows less than 0.5 grams of trans-fat per serving, the product is approved for use
- If the panel shows 0.5 grams or more of trans-fat per serving, look for the following ingredients:

Partially hydrogenated [vegetable] oil

Shortening

Margarine

If none of these items is listed, the product is approved for use; but if any one of these items is listed, the product is not approved for use.

 If there is no nutrition facts panel or ingredients list, ask the manufacturer to provide a letter containing the manufacturer's name, address & phone number; the product information; the ingredients list; and the trans-fat content.

Foods that commonly have contained Trans-fat:	Try switching to:
Cooking oils: commercial fry oils, vegetable shortening	For Deep Frying: use traditional heavy duty vegetable oils like corn, peanut, canola, or palm oil
Fried foods: french fries, doughnuts	For Baking: use trans-fat free products along with butter, lard, and vegetable oil
Baking ingredients: margarine, cake mix, muffin mix	







Enforcement

All trans-fat violations will be recorded as minor and should be corrected using a time frame established by our agency. Any repeat patterns of non-compliance would be subject to additional enforcement measures.

Food items containing artificial trans-fat may be subject to Voluntary Condemnation and Destruction procedures at the time of inspection.

For more information regarding the new trans-fat ban, please contact Environmental Health at (714) 433-6000 or visit our website at: www.ocfoodinfo.com