

Manufacturer	Product	Saturated Fat %	Manufacturer	Product	Saturated Fat %					
AAK, AarhusKarlshamn USA Inc. 973-344-1300 us.info@aarhusunited.com aarhusunited.com	EsSence - All Purpose Shortenings Canola, Palm, Palm Kernel Oil Blend. EsSence 86-23™ All Purpose Shortening EsSence 86-33™ All Purpose Shortening EsSence 86-43™ All Purpose Shortening	20	California Rice Oil 866-RICEOIL (742-3645) californiariceoil.com	California Rice Oil Rice Bran Oil	20					
		24								
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ACH Food Companies, Inc. 800-527-3026 (Ext 0) Director of Sales: Jerry Norris foodservice@achfood.com ACHzerotrans.com	FRYMAX SUN Supreme™ 100% High Oleic Sunflower Oil Mazola ZT™ Zero Trans-fat Blend of Corn Oil and Sunflower Oil Mazola ZT Soy Select™ Zero Trans-fat Deep Frying Soy Oil FRYMAX SUN Classic™ Blend of High Oleic Sunflower and Cottonseed Oils FRYMAX SUN Classic Creamy™ Frymax Sun Classic with Hydrogenated Soybean Oil Mazola ZT Cotton Supreme™ Zero Trans-fat Blend of Corn oil and Cottonseed Oil Whirl ZT - High Oleic Sunflower Oil Prep ZT - Soybean and Hydrogenated Soybean Oil	8	ConAgra conagrafoods.com strahanad.com/lw/hw_jump.html	Wesson® Crystal Smart Choice Cottonseed/Canola Oil Cottonseed & Canola Oil Blend Wesson® Move Over Butter - Trans free alternative	18					
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		ADM Foods 800-637-5866 800-637-5843 ext. 5492 admfoodservice.com/products/oils.asp				NovaLipid™ Portfolio of naturally stable oils NuSun® sunflower, canola, corn, peanut, cottonseed oils. Nova Lipid™ SUPERB SELECT® POWER-SUN® 243-003 Mid Oleic Sunflower oil; TBHQ Nova Lipid™ NuSUN 243-000 Mid Oleic Sunflower Oil	7	Catania-Spagna 800-343-5522 cataniausa.com	Ultima Hi-Oleic Canola Oil High Oleic Canola Oil Ultima Hi Oleci Sunflower High Oleic Sunflower Oil	7
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Bunge Oils 732-528-0748 christopher.palmieri@bunge.com Regional Contact: Chris Palmieri transfatsolutions.com	Nutra-Clear NT™ High Oleic Low Linolenic Canola Oil Amazing Fry NT™ High Oleic Canola, Corn Oil Blend Pour'nFry NT™ Treas™ Low Linolenic Soybean & High Oleic Canola Oil	7	Innovative Growers, LLC 515-720-3702 iowanatural.com	Iowa Natural® Low Saturated Fat Oil Expeller Pressed 50% Less Saturated Fat Soybean Oil Iowa Natural® Ultra Low Lin Soy Oil Expeller Pressed 1% Linolenic Soybean Oil	7					
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Canbra Foods Keith Sheller, 360-820-5111 canbrafoods.com	Canola Harvest High Oleic Canola, TBHQ	7	Iowa Quality Agricultural Guild 877-276-9421 asoyia.com	Asoyia™ Linolenic Soybean Oil Asoyia-MO™ Mid Oleic with 1% Linolenic Soybean Oil	14					
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Cargill Specialty Canola Oils 800-323-6232 Clearvalley@cargill.com cargillclearvalley.com	Clear Valley® High Oleic Canola Oil eLitra® Premium Deep Frying Canola Oil	7	Loders Croklaan 800-621-4710 sanstrans@croklaan.com sanstrans.com	SansTrans™ Non Hydrogenated Palm Oil Product Line Palm Oil and Palm Based Oil with sunflower or soybean oil blends SansTrans 25™ Liquid Fry SansTrans Fry ST™ Fry	45 52					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	Par-Way Tryson 800-642-0088 parwaytryson.com frychef.com	Vegalene® FryChef Palm Oil, High Oleic Sunflower & Sunflower Oil Blend	29					
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Carolina Soy Products 877-769-6457 Ken Hoge 516-746-3239 ken@wholeharvest.com WholeHarvest.com	Whole Harvest SmartFry® Expeller Pressed Soybean Oil	14	Pyco Industries pycoindustries.com/foodsolutions.asp	Plainsman Cottonseed Oil High Linolenic Cottonseed Oil	27					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	RTI Restaurant Technologies Inc. Trans Fat Free Oil Management Systems 888-796-4997 nstryker@rti-inc.com rti-inc.com	RTI MaxLife™ ZeroT Low Lin Low Linolenic Soybean Oil, TBHQ RTI MaxLife™ ZeroT Gold Soybean & Hydrogenated Soybean Oil, TBHQ	14 18					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	Spectrum Foods Rob Kirby 217-391-009 ext. 12 rkirby@spectrum-foods.com nexsoy.com	Nexsoy® EP Expeller Pressed Soybean Oil Naturally Expeller Pressed Soybean Oils; also available certified Non-GMO or certified Organic.	14					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	SYSCO Corporation sysco.com	Fry-On ZT Canola-Corn Oil Blend Fryer Shortening, TBHQ	7					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	US Foodservice 877-583-9659 usfoodservice.com	Optimax® Hi Oleic Canola Liquid Frying Oil	7					
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Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional	Crisco Professional® Heavy Duty Creamy Frying Shortening Corn, Sunflower, Soybean, and Hydrogenated Soybean Oils, TBHQ Crisco Professional® Premium All Purpose Clear Frying Oil High Oleic Canola Oil and Sunflower Oil, TBHQ Crisco Professional® Heavy Duty Clear Frying Oil Corn Oil, Soybean Oil and Sunflower Oil, TBHQ Crisco Professional® General Purpose Creamy Frying Shortening Soybean, Sunflower, and Hydrogenated Soybean Oils, TBHQ	8	Ventura Foods 877-VENTURA Chris Bresler: 516 616 0300 venturafoods.com	Mel-Fry Free Canola High Performance Oil Low Linolenic Canola Oil Mel-Fry Free Soy High Performance Oil Low Linolenic, Trans-Fat Free Premium Shortening Mel-Fry Free 60/40 Cottonseed/Canola Blend Cottonseed Oil and Canola Blend	7 14 18					
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Manufacturer	Product	Saturated Fat %	Manufacturer	Product	Saturated Fat %	
AAK, AarhusKarlshamn USA Inc. 973-344-1300 us.info@aarhusunited.com aarhusunited.com	EsSense - All Purpose for baking, fillings, & deep fat frying. Canola oil, palm oil and palm kernel oil blend; customized blends available EsSense 86-23™ All Purpose Shortening EsSense 86-33™ All Purpose Shortening EsSense 86-43™ All Purpose Shortening	 20 24 33	Cargill Specialty Canola Oils 800-323-6232 Clearvalley@cargill.com cargillclearvalley.com Cargill/Crisco Professional 877-376-6250 info@cargilldso.com cargilldso.com/criscoprofessional Cargill/Crisco www.crisco.com ConAgra conagrafoods.com strahanad.com/lw/hw_jump.html Loders Croklaan 800-621-4710 sanstrans@croklaan.com sanstrans.com Spectrum Foods Rob Kirby 217-391-009 ext. 12 rkirby@spectrum-foods.com nexsoy.com Ventura Foods 877-VENTURA Chris Bresler: 516 616 0300 venturafoods.com	Clear Valley® All-Purpose Shortening Canola and Hydrogenated Cottonseed Oils Clear Valley® Doughnut Shortening™ Canola, Soybean, and Hydrogenated Soybean Oils Clear Valley® Icing Shortening™ Canola Oil and Oil Blend Solid Shortening	 25 ≈ 25 ≈ 25	
	ACH Food Companies, Inc. 800-527-3026 (Ext 0) Director of Sales: Jerry Norris foodservice@achfood.com ACHzerotrans.com	Family of Zero Trans Baking Shortenings Nutex Z - Soybean Oil - Liquid Cake Shortening BUCKEYE Z - Baker's Margarine Palm oil, salt, natural butter flavor BBS Z - All Purpose for baking or frying, donut frying Palm oil PRIMEX Z - All Purpose for pies, cookies, donut frying Palm oil, hydrogenated soybean oil SUPER FRY Z - Donut Shortening Palm oil, hydrogenated soybean oil Ultra Cake® Z - Liquid Cake Shortening Alpine Z - Icing Shortening Hymo Z - Cake & Icing Shortening Mazola Dble. Choc. Chip Muffin Batter ZT - Zero trans muffin batter		 23 29 49 51 52 22 48 47	Crisco Professional® Liquid Butter Alternative Blend of Sunflower and other vegetable oils Crisco Professional® Saute and Grill Blend of Sunflower and other vegetable oils Crisco All-Vegetable Shortening Soybean, Fully Hydrogenated Cottonseed, Partially Hydrogenated Cottonseed and Soybean Oils, TBHQ Wesson® Crystal Smart Choice Cottonseed/Canola Oil Cottonseed & Canola Oil Blend	 25 18
	ADM Foods 800-637-5866 800-637-5843 ext. 5492 admfoodservice.com/products/oils.asp	Novalipid™ - Portfolio of margarines and shortenings Novalipid™ Shortenings - Baking, Pies, Cake & Icing Palm Oil Based Novalipid™ Margarines - Baking, Soups, Sauces Palm Oil & Palm/Soy Oil Based & Soy/Palm Based Novalipid™ Shortenings - Baking & Donut Fry Interesterified Soybean Oil Based & Hydrogenated Oils Novalipid™ Margarines - Baking Interesterified Soybean Oil & Hydrogenated Cottonseed Oil Gold'N Flavor Palm/Soy Table Grade Margarine Palm Oil, Soybean Oil, Salt, Artificial Flavor Gold'N Flavor Bakers Margarine Palm Oil, Soybean Oil, Salt, Artificial Color		 ≈ 50 ≈ 25-60 ≈ 40-45 ≈ 30-45 ≈ 30-45 ≈ 40	Sans Trans Product Line for Baking & Donut Frying Palm Based Oil and Oil Blends with Sunflower, Canola, or Soybean Oils SansTrans™ RS 39 T20 - All Purpose Shortening Palm Oil and Canola Oil Blend, TBHQ SansTrans™ RS 39 - All Purpose Shortening Palm Oil SansTrans™ Donut Fry P SansTrans™ DD	 34 51 54 59
	Bunge Oils 732-528-0748 christopher.palmieri@bunge.com Regional Contact: Chris Palmieri transfatsolutions.com	Majestic NH 20 Plus Canola, Palm, Palm Kernel Oil, TBHQ Vream® NH - All Purpose Shortening Palm Oil NH Pie - Pie Shortening Palm Oil and Soybean Oil Vreamay® NH - Cake and Icing Shortening Palm Oil, Soybean Oil, TBHQ Cremol® NH - Icing Shortening Palm Oil, Soybean Oil, Palm Kernel Oil, TBHQ Super Cel® NH - Cake Shortening Palm Oil, Soybean Oil Coral NH Margarine (Palm Oil, Water, Soybean Oil) Anhydrous Roll-In NH - Shortening Palm Oil and Soybean Oil TriCo® NH - Yeast-Raised Dough Shortening Soybean Oil, Palm Oil, TBHQ Biscuit Flake NH - Flaked Shortening Palm Oil		 18 50 45 43 47 39 36 50 31 63	Nexcel® Zero-Trans Shortening Expeller Pressed Soybean Oil Blend Nexcel® Zero-Trans Popcorn Shortening Nexcel® Zero-Trans Donut Shortening Nexcel® Zero-Trans All-Purpose Shortening Phase Brand: Zero Trans Liquid Butter Alternatives Assorted Brands: Zero Trans Bakery Applications - Palm Based Assorted Brands: Trans Fat Free Low Melt Margarine - Palm/Soy Blend Sunglow Brand: Zero Trans European Style Butter Blends Pie Shortening: Palm Oil, Soybean Oil	 18 ≈ 50 ≈ 40 ≈ 30-50 ≈ 46

Conventional Fats and Oils	Unsaturated Fat %	Saturated Fat %
Canola Oil	93 ♥	7
Sunflower Oil	89 ♥	11
Safflower	88 ♥	12
Corn Oil	87 ♥	13
Soybean Oil	85 ♥	15
Olive Oil	85 ♥	15
Peanut Oil	81 ♥	19
Rice Bran Oil	80 ♥	20
Cottonseed Oil	73 ♥	27
Lard Fat	57	43
Beef Tallow	50	50
Palm Oil	49	51
Butter Fat	36	64
Coconut Oil	10	90

Conventional fats and oils listed with a ♥ have higher heart healthy unsaturated fats.



When replacing trans fats, choose products with a higher ratio of unsaturated fat to saturated fat, whenever appropriate.

Appreciation expressed to the restaurant industry, the edible oil manufacturers and other professionals for providing information for inclusion in this resource guide. However, please note, that this list is not fully exhaustive of all products and manufacturers. Reference here does not constitute an endorsement of any of the products listed.