

TRANS FAT FREE *Solutions*

Work for You!

There has been a tremendous amount of change in the edible oil industry to eliminate or reduce trans fats in foods.

Restaurant and food service operators nationwide are replacing industrially produced trans fats with healthier oils that meet high standards for functionality, flavor, and texture, offered at competitive prices.

What are Trans Fats?

Trans fats are created in an industrial process called partial hydrogenation that adds hydrogen to liquid vegetable oils to make them more solid and stable products. Trans fats are often referred to as **partially hydrogenated vegetable oils**.

Why Avoid Trans and Saturated Fats?

- Increased consumption of trans and saturated fats increase the risk of heart disease.
- Both raise total blood cholesterol and low density lipoprotein (LDL), "bad" cholesterol levels. Greater consumption means greater risk of cardiovascular disease.

Why are Trans Fats Extra Damaging?

- Trans fat consumption increases triglycerides and decreases beneficial high density lipoprotein (HDL), "good" cholesterol, both are risk factors for heart disease.
- Trans fat consumption contributes to systemic inflammation and cell membrane dysfunction. These negative changes are risk factors for heart disease and are potential risk factors for type 2 diabetes.

Unsaturated Fats are Healthier

- Monounsaturated and polyunsaturated fats can reduce total cholesterol and LDL, "bad" cholesterol, reducing heart disease risk when replacing saturated and trans fats.
- Omega-3 and omega-6 polyunsaturated fats are essential fats that your body does not make, they must be obtained from food and are necessary for healthy cell development and brain function.
- Omega-3 polyunsaturated fats, particularly from fatty fish, play an important role in heart disease prevention.

Healthier Oil Benefits

Zero Grams
Trans Fat

High Stability

Performance

Availability

Flavorful

Wins Customers

Cost-Effective

Consumer Awareness

In a recent American Heart Association consumer survey, more than half (51%) of American consumers reported ordering menu items because they were marked as being *healthier* in some way. Consumer awareness of trans fat is up significantly to 92 percent.


(Consumer Research Fact Sheet: Americans' Awareness, Knowledge and Behaviors Regarding Fats: 2006-2007, AHA's Face the Fats education program.)

Web Sites

American Heart Association,
"Face the Fats."
www.americanheart.org/facethefats

US Food and Drug Administration
www.cfsan.fda.gov/~dms/foodlab.html



American Heart
Association 
Learn and Live.

TRANS FAT FREE
Solutions

Get the Skinny
on Beneficial
Fats & Oils



Steps for Change

STEP 1

Read the Ingredient List

Trans fats will be listed in the ingredient list as **partially hydrogenated oil**.

INGREDIENTS: PARTIALLY HYDROGENATED VEGETABLE OIL, CORN OIL, TBHQ AND CITRIC ACID (ADDED TO HELP PRESERVE FRESHNESS), AND DIMETHYLPOLYSILOXANE (ADDED AS AN ANTIFOAMING AGENT)

STEP 2

Check the Nutrition Facts



The Nutrition Facts panel lists the amount of trans fat per serving on the package label. However, when a food has less than 0.5 grams of trans fat per serving, *trans* fat is expressed as “0” grams on the Nutrition Facts panel, (FDA, 2006). Check the *Serving Size* and *Servings Per Container*.

STEP 3

Choose Healthier Beneficial Fats!

Now you have a choice. Reformulated oils with zero grams trans fat per serving or no trans fat are on the market. Use unsaturated oils to replace trans fats rather than saturated animal fats or tropical oils, whenever appropriate.

Replace Trans Fats

Trans fats in the U.S. diet are found in **fried foods** like French fries and doughnuts, and **baked goods** including pastries, pie crusts, biscuits, pizza dough, cookies, crackers, and stick **margarines** and **shortening**.

Limit Saturated Fats

Saturated fats are found in **animal sources** (meat and dairy) such as beef, pork, lamb, veal, and poultry skin, beef tallow, lard, and **high fat dairy** such as butter, cream, whole milk, and **tropical oils** such as palm oil, palm kernel oil and coconut oil.

Choose Unsaturated Fats

Choose from two unsaturated fat powerhouses for superior performance, versatility, and taste.

Olive oil, canola oil, high oleic safflower and sunflower oils, soybean oil, peanut oil, nuts and avocados are sources of **monounsaturated** fats.

Soybean oil, corn oil, safflower oil, sesame oil, grapeseed oil, flaxseed oil and canola oil, fatty fish, and some nuts and seeds such as walnuts and flaxseeds are sources of **polyunsaturated** fats.

- Omega-6 fats are readily found in liquid vegetable oils like corn oil, safflower oil and soybean oil.
- Omega-3 fat sources include soybean oil, canola oil, flaxseed oil, walnuts and flaxseeds. Plant based omega-3 fats are known as alpha-linolenic acid (ALA). Marine based omega-3 fats, (EPA) and (DHA), are prevalent in oily fish such as mackerel, salmon, sardines, albacore tuna and herring.

American Heart Association Recommendations

The *American Heart Association 2006 Diet and Lifestyle Recommendations* advises consuming less than 1 percent of total calories from trans fat, less than 7 percent of total calories from saturated fat, and less than 300 mg cholesterol per day.

Less than 1 percent of trans fat consumption on a 2,000 calorie diet, would be less than 20 calories a day. That's roughly **less than 2 grams of trans fats a day**.

Restaurant and Food Service Operators:

Identify Trans Fats on Your Menu

Reduce the risk of cardiovascular disease and diabetes. Look for the words “partially hydrogenated” in the ingredient list and “0” grams trans fat on the Nutrition Facts panel.

Use Healthier Alternatives

Prepare foods with healthier monounsaturated and polyunsaturated fats and oils, used in moderation, whenever applicable. Enjoy full lines of trans fat free oils and shortenings with “0” grams trans fat per serving with reduced saturated fat content.

Tell Your Customers

Communicate positive steps you've taken to go “Trans-Fat-Free” on your menu. Edible oil manufacturers offer marketing materials advertising trans fat free oil products that work for you and your customer.

