



County of Santa Cruz

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ENVIRONMENTAL HEALTH

www.co.santa-cruz.ca.us/eh/ehhome.htm

Trans Fat Ban Operator Fact Sheet

Assembly Bill (AB) 97

California Health and Safety Code Section 114377

This Fact Sheet is intended to provide compliance assistance information to retail food facilities regarding the ban of artificial trans fat in food facilities. Please read the law in its entirety by viewing Section 114377 of the California Health and Safety Code at <http://www.leginfo.ca.gov/calaw.html>. An overview of the law is provided below, followed by frequently asked questions and answers.

- ❑ Trans fats are made when hydrogen is added to vegetable oil (hydrogenation process) to increase shelf life and flavor stability of foods.
- ❑ Trans fat increases the risk of heart disease, stroke, and diabetes by increasing your bad cholesterol (LDL's) and decreasing your good cholesterol (HDL's).
- ❑ Trans fat is usually found in processed foods made with partially hydrogenated vegetable oils like shortening, hard margarines, crackers, candies, cookies, snack foods, fried foods, and baked goods.

What this means for Food Facilities

1. Mandatory maintenance of labels for all food/food additives containing any fat, oil, or shortening.

- ❑ Beginning January 1, 2010, every food facility shall maintain on premises the label for all food or food additives that is or includes any fat, oil, or shortening for as long as the food is stored, distributed, served or used in the preparation of food within a food facility.

2. Ban of oil, shortening, or margarine containing artificial trans fat.

- ❑ Beginning January 1, 2010, no oil, shortening or margarine containing artificial trans fat for use in spreads or frying may be stored, distributed, served, or used in the preparation of any food within a food facility.
Exception: oil, shortening, or margarine containing artificial trans fat may be used when deep frying yeast dough or cake batter.

3. Ban of all food containing artificial trans fat.

- ❑ Beginning January 1, 2011, no food containing artificial trans fat, *including oil, shortening, and margarine used to deep fry yeast dough and cake batter* may be stored, distributed, served, or used in the preparation of any food within a food facility.

Question and Answer

1. How do I know if the artificial trans fat ban applies to my food facility?

- ❑ The ban applies to all food facilities. Cal/Code exempts public schools from the ban, however public schools are already prohibited from serving food containing artificial trans fat under Senate Bill 490 effective July 1, 2009.

2. How can I tell if a product is allowed under the regulation?

- ❑ Step 1: Check the nutrition facts panel
 - If the product contains less than 0.5 grams of trans fat per serving it's approved for use.
 - If the product contains 0.5 grams or more of trans fat per serving go to step 2.
- ❑ Step 2: Check the ingredients list.
 - If the ingredients list contains partially hydrogenated oil, shortening, or margarine, the trans fat is artificially produced and the product is not approved for use.
 - If the product does not contain the above mentioned ingredients, but still contains 0.5g or more of trans fat, then the trans fat is naturally occurring and the product is approved for use. Certain meats and dairy products contain naturally occurring trans fat.
- ❑ Step 3: If there is no nutrition facts panel or ingredients list, ask your supplier to provide a letter from the manufacturer with the product's ingredients and trans fat content per serving.

3. Are prepackaged items in retail areas exempt?

- ❑ Yes, The trans fat ban does not apply to any food sold or served in a manufacturer's original, sealed package.

4. Which Labels should I save, and how long should I keep them?

- ❑ Beginning January 1, 2010, labels need to be kept for all food or food additives containing oil or shortening for as long as the food is stored, distributed, served, or used in the preparation of food within the food facility.

5. If I purchase products from outside of California for use in my facility, do those ingredients have to contain less than 0.5 grams of trans fat per serving?

- ❑ Yes, The regulation applies to all items stored, distributed, served, or used in the preparation of food within a food facility.

6. Where can I get further information on trans fat?

- ❑ Just type trans fat in the search box on the below listed websites:
 - www.cfsan.fda.gov
 - www.americanheart.org
 - www.diabetes.org