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## TRANS FAT

Fats in foods are made up of 4 different types of fats - polyunsaturated, monounsaturated, saturated and trans. Trans fats are found naturally in some animal-based foods, but are also formed when liquid oils are made into semi-solid fats like shortening and hard margarine. Scientific evidence has shown that dietary saturated and trans fats can increase your risk of developing heart disease. As a result, in 2007 the Trans Fat Task Force established the following recommendations on the maximum amounts of trans fat in foods:

1. Limit the trans fat content of vegetable oils and soft, spreadable margarines to 2% of the total fat content; and
2. Limit the trans fat content for all other foods to 5% of the total fat content, including ingredients sold to restaurants.

Results from the 2005-09 monitoring program as well as anecdotal evidence through discussions with both manufacturers of baked products as well as suppliers of oils and shortenings indicated that grocery retailers with major in-store operations have almost completely eliminated trans fat from their products and are now using trans fat replacers.

Although there may still be some small establishments throughout the country that continue to use partially hydrogenated oils in their products, most manufacturers have eliminated trans fat use.

In the United States, partially hydrogenated oils (PHOs), which include trans fats, are listed as GRAS—generally recognized as safe—ingredients. FDA is attempting to have PHOs removed from GRAS listing. This is currently under review.