



CITY OF LONG BEACH

Department of Health and Human Services

2525 Grand Ave • Long Beach, Ca 90815 • (562) 570 - 4132

INFORMATIONAL BULLETIN No. 2010-02-01

ARTIFICIAL TRANS FAT BAN

Assembly Bill 97

California Health and Safety Code Section 114377

WHAT IS ARTIFICIAL TRANS FAT?

Artificial trans fat is a manmade substance manufactured through the chemical process of hydrogenation of oils. Hydrogenation converts liquid oils into semisolid fats. These partially hydrogenated vegetable oils are preferred due to their long shelf life, stability during deep frying, and semisolid state at room temperature, which is beneficial in manufacturing baked products. Artificial trans fat is found in vegetable shortenings and in some margarines, crackers, cookies, snack foods, candies, baked foods and fried foods.

Note: Naturally occurring trans fat can be found in some meat and dairy products.

ISSUE

Artificial trans fat negatively impacts blood cholesterol. It raises low density lipoproteins (LDL), also known as “bad” cholesterol, and lowers high density lipoproteins (HDL) or “good” cholesterol, thereby increasing the risk of developing heart disease and stroke. Trans fats have also been linked to Type 2 Diabetes.

WHAT DOES THIS MEAN TO ME?

Maintain labels for all food and food additives containing any fat, oil, or shortening.

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

Ban of oil, shortening, and 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 for deep frying yeast dough or cake batter.*

Ban of ALL food containing artificial trans fat.

- Beginning January 1, 2011, no food containing artificial trans fat, including oil and shortening that contains artificial trans fat for use in the 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.

Bureau of Environmental Health • Food Inspection Program

“promotes and safeguards the quality of life in Long Beach by preventing disease and eliminating environmental hazards”



CITY OF LONG BEACH

Department of Health and Human Services

2525 Grand Ave • Long Beach, Ca 90815 • (562) 570 - 4132

THIS NEW LAW DOES NOT APPLY TO:

- Food products legally labeled listing the trans fat content to be less than 0.5 grams per serving.
- Any food sold in the manufacturer's original, sealed packaging.
- Food products containing natural trans fat such as dairy products and certain meats.

FREQUENTLY ASKED QUESTIONS

How can I tell if a product is allowed?

- Step 1: Check the nutrition facts panel
 - ▶ If the product contains less than 0.5 grams of trans fat per serving, the product is 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 ingredient list
 - ▶ If the ingredient list contains *partially hydrogenated oil*, *margarine*, or *shortening*, the product contains artificial trans fat and the product is not approved for use.
 - ▶ If the ingredient list does not contain partially hydrogenated oil, margarine, or shortening, the product contains naturally occurring trans fat and is approved for use.
- Step 3: If there is no nutrition facts panel or ingredients list, ask your supplier to provide a letter from the product manufacturer which includes ingredient information and trans fat content per serving.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount/serving	%DV*
Calories 50	
Calories from fat 0	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	

INGREDIENTS: whole corn, sunflower oil, partially hydrogenated soybean oil, oat flour, cheddar seasoning (corn, maltodextrin, salt, cheddar cheese, whey), onion powder, disodium phosphate, sugar, artificial color.

Do all margarines and shortenings have trans fats?

No. There are margarines and shortening that do not contain trans fat. Read the label to see if the product contains trans fat.

Are trans fat free alternatives available?

Yes. Trans fat free oils, margarine and shortenings are available. Check with your supplier for alternative products.

Which labels do I need to save and how long should I keep them?

All labels for food and food additives containing oil or shortening must be maintained for as long as the food is stored, distributed, served or used in the preparation of food within the food facility.

For more information, please contact the City of Long Beach Bureau of Environmental Health at (562) 570-4132.