

Getting the Facts on Trans Fats

IMPORTANT INFORMATION REGARDING NEW FDA REGULATIONS

What are Partially-Hydrogenated Oils (PHOs)?

- Most commonly known as trans fat
- A type of fat formed when liquid oils are made into solid fats (shortening and hard margarine)
- Partially-hydrogenated oils are made when hydrogen is added to vegetable oil (hydrogenation process) to increase shelf-life and flavor stability of foods

The Food and Drug Administration (FDA) has issued a final determination regarding PHOs and determined that they are not generally recognized as safe (GRAS) for human consumption. This means that PHOs, which are the primary dietary source of industrially-produced trans fats, can no longer be used or served in a retail food facility.

When does this take effect?

Depending on the food item, the FDA regulation goes into effect from June 18, 2018 to January 1, 2021 for manufacturers of Partially-Hydrogenated Oils

What are the labeling requirements on food items?

- As of January 1, 2006, food manufacturers must list trans fat on the nutrition label
- The FDA requires the amount of trans fat in a serving to be listed on a separate line under saturated fat on the Nutrition Facts panel
- Trans fat will be listed only in gram amounts since daily values have not been established
- Facilities are required to maintain labels on site for any foods or food additives that contain any trans fat, oils or shortening

Are there any exemptions to the regulation? Certain trans fats are acceptable and include:

- Naturally occurring trans fat (ingredients from ruminant sources)
- The use of conjugated linoleic acid (CLA)
- Partially hydrogenated methyl ester of rosin
- Fully hydrogenated oils
- Edible oils that contain Industrially
- Produced Trans Fatty Acids (IP-TFA) as an impurity

What should I do with existing supplies of food with trans fats? Foods in commerce that have trans fats can be used and should not be destroyed.

How will I know what I am purchasing has trans fats? Contact your distributor to find out which food products do not contain trans fats before purchasing.

Where can I get more information on the FDA PHO regulation? More information can be found in the [FDA Final Determination Document](#). More information on the extension of the compliance date can be found in the [Federal Register](#).

Who can I call or email with questions regarding PHO's? San Bernardino County Department of Public Health Division of Environmental Health Services can be reached at 1-800-442-2283 or EHS.CustomerService@dph.sbcounty.gov.

For information from the FDA regarding PHOs call: 1-888-INFO-FDA (1-888-463-6332).

Nutrition Facts		
Serving Size 3/4 cup (29g) Servings Per Container (8.5 oz) about 8, (11 oz) about 11, (15 oz) about 15, (20.5 oz) about 20, (22.5 oz) about 22, (25.5 oz) about 25, (30 oz) about 29, (34 oz) about 33, (40 oz) about 39		
Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 1g	5%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 170mg	7%	10%
Potassium 45mg	1%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 10g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	10%	10%
Vitamin D	20%	35%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%
Zinc	10%	15%
INGREDIENTS		
RICE, SUGAR, HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), SALT, CARMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR.		