











## 5% or Less Trans Margarines, Shortenings and Margarine Butter Blends for Baking

We recommend you choose the product with the lowest amount of saturated fat to achieve the desired result.










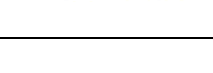
|  | <b>Margarine/Margarine Butter Blends/ Butter – for Baking</b>         |  |   |                      |
|--|---|--|---|----------------------|
|  | <b>Product</b>  | <b>Manufacturer</b>  | <b>Ingredients</b>  | <b>Saturated Fat</b> |
| <p>The Fats, Oils, Margarines, and Shortenings List is available as a resource to Calgary Food Service Establishments.</p> <p>The Calgary Health Region takes no responsibility for the accuracy of the nutrition information. Nutrition information found in the list has been provided by the manufacturers.</p> <p>The list does not constitute an endorsement of one product over another. While we endeavor to be all inclusive, the list may not be exhaustive of all products in compliance with the Calgary Health Region trans fat requirements.</p> <p>Operators of foodservice establishments should contact their suppliers for more information about available products that comply with the trans fat requirements.</p> <p>Manufacturers and others may request their products be added to the lists by e-mailing: <a href="mailto:no.transfats@calgaryhealthregion.ca">no.transfats@calgaryhealthregion.ca</a><br/>The lists will be updated every three months.</p> | Canola Harvest Original Non Hydrogenated Soft Margarine               | <br>(Canbra Foods)   | Modified palm and palm kernel oils, canola oil, water                       | 13%                  |
|  | Delicia NT Non-hydrogenated margarine                                 |                      | Canola Oil, Sunflower Oil, Palm & Palm Kernel Oil                           | 13%                  |
|  | No-Name Non-Hydrogenated (soft, in a tub)                             |                      | Vegetable Oil, Modified Palm & Palm Kernel Oil                              | 13%                  |
|  | No-Name Non-Hydrogenated (soft, in a tub)                             |                     | Soybean Oil, Modified Palm & Palm Kernel Oil                                | 13%                  |
|  | Canola Harvest Flax Blend/Olive Blend Non Hydrogenated Soft Margarine | <br>(Canbra Foods) | Modified palm and palm kernel oils, canola oil, water and flax or olive oil | 13%                  |
|  | Tulip NH- 20 Margarine  |                    | Canola Oil, Modified Palm & Palm Kernel Oil                                 | 19%                  |
|  | Classic Non-Hydrogenated Margarine                                    |                    |   | 25%                  |
|  | Canola Harvest Spread-It – Non Hydrogenated Soft Margarine            | <br>(Canbra Foods) | Modified palm & palm kernel oils, canola oil, water                         | 32%                  |
|  | Wholesome Farm European Style Whipped Butter Blend Margarine          |                    | Soybean oil, palm oil, water, butter  | 33%                  |
|  | Roll In Margarine, Non-Hydrogenated                                   |                    | Canola Oil, Palm Oil, Modified Palm Oil                                     | 36%                  |



|  |   |  |   |     |
|--|---|--|---|-----|
|  | Non-Hydrogenated Baking Margarine                       | <br>(Canbra Foods) | Canola Oil,<br>Modified<br>Palm & Palm<br>Kernel Oil                          | 43% |
|  | 50/50 Butter/<br>Margarine Blend                        |                    | Butter,<br>Margarine,<br>Modified<br>Palm & Palm<br>Kernel Oil,<br>Canola Oil | 50% |
|  | Sunglow<br>European Style<br>Whipped Blend<br>Margarine |                    | Soybean Oil,<br>Palm Oil,<br>Butter   | 55% |
|  | Butter  | All Brands   | Butter  | 63% |

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|  | <b>Product</b>   | <b>Manufacturer</b>  | <b>Ingredients</b>                             | <b>Saturated Fat</b> |
|  | Majestic NH 20 Non-Hydrogenated Shortening                                   |    | Canola Oil, Modified Palm & Palm Kernel Oil    | 18%                  |
|  | Vegetable Oil Shortenings  |    | Soybean oil, fully hydrogenated cottonseed oil | 25%                  |
|  | Majestic NH 33 Non-Hydrogenated Shortening                                   |    | Canola Oil, Modified Palm & Palm Kernel Oil    | 31%                  |
|  | Pure Lard  | All Brands   | Lard, BHA, BHT                                 | 40%                  |
|  | All Purpose NH PS1 Shortening or NH 46 (Soya)                                |  | Palm Oil, Soybean Oil & Modified Palm Oil      | 46%                  |
|  | All Purpose NH Shortening  |  | Palm & Modified Palm Oil                       | 51%                  |
|  | <b>Shortenings – Specialty for Pie, Puff Pastry and Icing</b>                |  |  |                      |
|  | <b>Product</b>   | <b>Manufacturer</b>  | <b>Ingredients</b>                             | <b>Saturated Fat</b> |
|  | Crème – Lite NH 33 Cake & Icing Fat  |  | Canola Oil, Modified Palm & Palm Kernel Oil    | 31%                  |
|  | Special Pastry Shortening – NH   |  | Canola Oil, Modified Palm & Palm Kernel Oil    | 39%                  |
|  | Crème Lite 40 Cake & Icing Fat   |  | Canola Oil, Modified Palm & Palm Kernel Oil    | 40%                  |
|  | Palm Oil   |  | Palm Oil                                       | 44%                  |
|  | Anhydrous Roll-In NH   |  | Palm Oil, Modified Palm Oil, Soybean Oil       | 52%                  |