

# have you changed your oil yet?



**As of January 1, 2008** all margarines, all spreads made with margarine, and all fats and oils used for frying, deep-frying, sauteing or grilling must have no more than 2% of the total fat content as trans fat.



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**1 Read the Label** — If you see the words **hydrogenated** or **shortening** in the ingredient list, the product has artificial trans fat.

**2** The **Nutrition Facts** panel can help you calculate what percentage of the product's total fat content is trans fat:

$$(3 \text{ g trans fat} \div 10 \text{ g total fat}) \times 100\%$$

\*\* This product contains **30% Trans Fats** and does **NOT** meet the requirements.

**Calculation:**

$$(\text{g trans fat} \div \text{g total fat}) \times 100\%$$

| Nutrition Facts    |               |  |  |
|--------------------|---------------|--|--|
| Per 125 mL (87 g)  |               |  |  |
| Amount             | % Daily Value |  |  |
| Calories 80        |               |  |  |
| <b>Fat 10 g</b>    | 15 %          |  |  |
| Saturated 2 g      | 9 %           |  |  |
| <b>+ Trans 3 g</b> |               |  |  |
| Cholesterol 0 mg   |               |  |  |
| Sodium 0 mg        | 0 %           |  |  |
| Carbohydrate 0 g   | 0 %           |  |  |
| Fibre 0 g          | 0 %           |  |  |
| Sugars 0 g         |               |  |  |
| Protein 0 g        |               |  |  |
| Vit A 0 %          | Vit C 0 %     |  |  |
| Calcium 0 %        | Iron 0 %      |  |  |

These Fats & Oils **MEET** the New Requirements:

|  |                             |
|--|-----------------------------|
| 100% Vegetable Oils - canola, safflower, olive, corn, sunflower and sesame oil | * also low in saturated fat |
| Non-hydrogenated Margarine   | * also low in saturated fat |
| Butter   | high in saturated fat       |
| Lard   | high in saturated fat       |
| Tallow   | high in saturated fat       |

These Fats & Oils **DO NOT** Meet the New Requirements:

Hydrogenated Oil  
Shortening & Liquid Shortening  
Hydrogenated Margarine

For more information contact:

Trans Fat Reduction Strategy  
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