








2% or Less Trans Oils for Deep Frying, Frying, Grilling, Sautéing

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

<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: no.transfats@calgaryhealthregion.ca The lists will be updated every three months.</p>	Heavy Duty Oils – Oils for Deep Frying			
	Product	Manufacturer	Ingredient	Saturated Fat
	NutraClear High Stability Canola Oil		High Oleic, Low Linolenic Canola Oil	6%
	HiLo Trans Fat Canola Fry Oil		High Oleic, Low Linolenic Canola Oil	7%
	Fry-On ZTF		Canola and Corn Oil	7%
	Clear Valley High Oleic Canola Oil		High Oleic Canola Oil	7%
	Light/Medium Duty Oils – Oils for Sautéing, Cooking, Salad Dressings			
	Product	Manufacturer	Ingredient	Saturated Fat
	Canola Harvest Olivola		Canola and Olive Oils	6%
	Nutraceutical Buttery Style Oil		High oleic, Low Linolenic Canola Oil	6%
	Grill-It NH Cooking and Topping Oil		High Oleic Canola Oil	6%
	Canola Oil	All Brands	Canola Oil	7-8%
	Sunflower Oil	All Brands	Sunflower Oil	11%
	Safflower Oil	All Brands	Safflower Oil	12%
	Grapeseed Oil	All Brands	Grapeseed Oil	13%
	Corn Oil	All Brands	Corn Oil	14%
	Soybean Oil	All Brands	Soybean Oil	15%
	Olive Oil/Extra Virgin	All Brands	Olive Oil	15%