










## 2% or Less Pan Sprays

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

	Pan Sprays			
	Product	Manufacturer	Ingredient	Saturated Fat
<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> The lists will be updated every three months.</p>	Imperial Pan Coating		Soybean Oil Canola Oil	0%
	Basic Red		Water soybean oil	0%
	Canola Harvest		Canola Oil	0%
	Co-op Cooking Spray		Canola Oil	0%
	HiLo Pan Spray		High Oleic Canola Oil	0%
	Baking/Waffle Spray		Canola Oil	0%
	Pam (olive oil, butter flavour or canola oil)		Canola Oil	0%
	Safeway Canola Cooking Spray		Canola Oil	0%
	Vegeleene		Soybean Oil, Canola Oil, Sunflower Oil	0%
	Nutracoat		Canola Oil	8%
	Amazing Coat		Corn, Modified Palm and High Oleic Canola Oil	32%