













## 2% or Less Trans Margarines, Garlic Spreads and Margarine Butter Blends for Spreading, Cooking and Baking

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: <a href="mailto:no.transfats@calgaryhealthregion.ca">no.transfats@calgaryhealthregion.ca</a> The lists will be updated every three months.</p>	<b>Margarine/Margarine Butter Blends – for Spreading, Cooking and Baking</b>			
	<b>Product</b>	<b>Manufacturer</b>	<b>Ingredients</b>	<b>Saturated Fat</b>
	Blue Menu Margarine (soft, in a tub)		Canola Oil, Modified Palm & Kernel Oil	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%
	Safeway Brand Margarine (soft in a tub)		Canola Oil, Water, Modified Palm & Palm Kernel Oil	13%
	Canola Harvest Original Non-Hydrogenated Soft Margarine		Modified palm & palm kernel oil, canola oil, water	13%
	Canola Harvest Flax Blend/Olive Blend Non-Hydrogenated Soft Margarine		Modified palm and palm kernel oils, canola oil, water and flax or olive oil	13%
	Classic Non-Hydrogenated Margarine			25%
	Imperial Margarine (soft in a tub)		Soy & Canola Oils, Water, Modified Palm & Palm Kernel Oil	29%
Canola Harvest Spread-It – Non-Hydrogenated Soft Margarine		Modified palm & palm kernel oils, canola oil, water	32%	



	Wholesome Farm European Style Whipped Butter		Soybean oil, palm oil, water, butter	33%
	50/50 Butter/ Margarine Blend		Butter, Margarine, Modified Palm & Palm Kernel Oil, Canola Oil	50%
	Wholesome Farm European Style Butter Blend Margarine		Palm Oil, water, butter	55%
	Butter	All Brands	Butter	63%

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### Liquid Butter Alternatives – for Spreading, Cooking and Baking

Product	Manufacturer	Ingredients	Saturated Fat
Butter It ZTF Liquid		Liquid & Hydrogenated Soybean Oil	18%

### Garlic Spreads

Product	Manufacturer	Ingredients	Saturated Fat
Garlic Spread		Made with Non-Hydrogenated Margarine	