



**TRANS FAT**

**REDUCTION STRATEGY UPDATE**

**Checklist for Phase 1 Trans Fat Requirements**

| <p><b>January 1, 2008</b></p> <ul style="list-style-type: none"> <li>• Vegetable Oils</li> <li>• Pan Sprays</li> <li>• Margarines</li> <li>• Garlic Spreads</li> <li>• Shortenings used for:</li> </ul> |   |  |              |
|---|---|--|--------------|
| <b>Cooking Method</b>   | <b>Trans Fat Limit<br/>(TF as % of<br/>Total Fat)</b> | <b>Checkmark<br/>for Compliance<br/>(√)</b>  | <b>Notes</b> |
| Spreading<br>(bread, toast,<br>pasta, rice)   | Up to 2%  |  |              |
| Sautéing  | Up to 2%  |  |              |
| Grilling  | Up to 2%  |  |              |
| Frying  | Up to 2%  |  |              |
| Deep frying   | Up to 2%  |  |              |
| <b>Baking</b>   | <b>No restriction until<br/>July 1, 2009</b>          | <b>(Please note, permit holder must be able to clearly demonstrate to the Public Health Inspector that margarine/shortening with a TF content of greater than 2% is used only for baking (not spreading) and must be stored/segregated where baking is conducted</b> |              |

For more information about the Calgary Health Region's Trans Fat Reduction Strategy contact (403) 943-1229 or [no.transfats@calgaryhealthregion.ca](mailto:no.transfats@calgaryhealthregion.ca)

or

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