



Town of Needham Trans Fat Ban

Presented by:

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The Needham Health Department

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9:00-10:00 am



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Agenda

- Welcome and Introductions
- Trans Fat Overview
- Needham Regulation & Enforcement
- Choosing Alternative products
- New Food Allergy Regulations
- Q & A
- Closing



Background

- On **March 10, 2009** the Needham Board of Health approved a regulation to phase out artificial Trans Fat in all Needham restaurants and other food service establishments.



Important Dates

- **September 10, 2009** (phase 1)
 - All oils, shortening and margarine containing artificial Trans Fats used for frying or for spreads must have LESS than 0.5 grams of Trans Fat *per serving*.
 - Bakeries using oils and shortening are not included in this first deadline.



Important Dates

- **March 10, 2010** (phase 2)
 - All foods containing artificial Trans Fat must have less than 0.5 grams of Trans Fat *per serving*.
 - Packaged foods served in the manufacturers original packaging are exempt, BUT must have a nutrition label on them.



Trans Fat Overview

- Types of Fats
- Why Trans Fats
- Health Impacts
- Need For Regulation



Types of Fats

- “Good” Fats
 - Monounsaturated (olive, peanut & canola oil, avocados, most nuts)
 - Polyunsaturated (vegetable oils - corn, sunflower, soy, cottonseed)
 - Omega 3 Fatty Acids (fatty cold water fish like salmon; flaxseeds, flax oil, walnuts)
- “Bad” Fats
 - Saturated Fats (animal products - red meats, poultry, butter, whole milk, tropical oils - coconut and palm)
 - Trans Fats (hydrogenated vegetable oils commonly used for frying & baked goods - margarine and shortenings)



What is a Trans Fat?

Vegetable oil + Hydrogen = Partially Hydrogenated Vegetable Oil

- Chemical hydrogenation process transform liquid vegetable oil into a semi-solid state.
- Alteration of chemical structure creates trans fatty acids (trans fat).
- **Benefits:** frying oil doesn't break down as quickly, baking texture, spreads and longer shelf life.



Why are Trans Fats Bad?

- Trans Fat raises a person's total cholesterol level (increases bad and decreases good).
- Strong link between eating a lot of trans fats and increasing the risk of heart disease.
- Trans Fats have no known health benefits.



Does this Rule Apply to My Business?

- If you are a food service establishment that requires and holds a permit from the Needham Health Department - **YES**
 - These include restaurants, cafeterias in schools and businesses, caterers, senior-center meal programs, mobile food vendors and commissaries that supply them, bakeries, children's institutions, soup kitchens, park concessions, street fair booths and others.
- If you are licensed by the State of MA and not Needham - **NO**



Where Do I Look For Trans Fats in My Business?

- Focus on oils used in deep fryers, on grills and for pan frying, sauces and marinades.
- Key ingredients are any with the words **Shortening, Oil, Hydrogenated, or Partially Hydrogenated.**



Check the Ingredients & The Label!

Nutrition Facts Serv Size: 1 Package (28g), Amount Per Serving: **Calories** 120, Fat (cal. 30, **Total Fat** 3.5g (5% DV), **Sat Fat** 1g (5% DV), **Trans Fat** 0g, **Polyunsat. Fat** 1.5g, **Monounsat. Fat** 0.5g, **Cholest.** 0mg (0% DV), **Sodium** 270mg (11% DV), **Total Carb.** 21g (7% DV), **Fiber** Less than 1g (3% DV), **Sugars** 3g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), SALT, SOY LECITHIN (EMULSIFIER), NATURAL FLAVOR, DEFATTED WHEAT GERM



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Nutrition Facts

Serving Size 1 cup (200g)

Servings per container 2

Amount per serving

Calories 220

Calories from Fat 100

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 2g

Cholesterol 30 mg 10%

Sodium 235 mg 10%

Total Carbohydrate 16g 5%

Dietary Fiber 5g 20%

Sugars 4g

Protein 6 g

Vitamin A

Vitamin C

Calcium

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:



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Where Do I Look For Trans Fats in My Business?

- If there is no ingredient label on the package, YOU must contact your distributor to provide you with an ingredient list and Nutrition Facts.
- The letter must be on the manufacturer's letterhead and show their name.
- Give a copy of these to your inspector and keep a copy for your records.



Where Do I Look For Trans Fats in My Business?

- What about foods that are purchased and made off site and then opened up and displayed in my establishment?
 - Must have a label and ingredient list on site for customer and inspector to access.
 - Can have a book on site with labels and ingredients of necessary foods.



Where Do I Look For Trans Fats in My Business?

- What about wrapped/prepared foods that I purchase and that are made off site and have no label or ingredient list (e.g. sandwiches)?
 - Must have a label and ingredient list on site for customer and inspector access.
 - Can have a book on site with labels and ingredients of necessary foods.



Substitutions

- Are products with 0 grams Trans Fat more expensive?
 - Usually the costs are similar, especially as more trans fat free products come on the market.
- What can I use for frying instead of oils that contain Trans Fat?
 - Vegetable oils, such as corn, soybean and canola. There are also new oils made from specific varieties of soybean, sunflower and other grains and seeds with long fry lives.



Substitutions

- What can I use for baking instead of shortenings with Trans Fat
 - There is a wide variety of products available as more and more Trans Fat free products come to the market, contact your supplier. You may need to experiment with different products and talk to other establishments to share good substitution ideas. See Trans Fat free product handout for ideas.
- What about butter, beef tallow, suet and lard?
 - **YES** you may use them, they are naturally occurring Saturated fats (however not the healthiest).



What If?

- I use margarine both as a spread and for baking, are there two different deadlines for changing these practices?
 - YES
- My supplier sells me a cake that contains no artificial trans fat in the ingredient list, but each serving contains more than 0.5 grams of trans fat per serving of natural sources?
 - If the ingredient list contains no artificial trans fat listed, you may use it.



Exceptions

- Food served in manufacturer's original sealed package that has a nutrition label and ingredient list.
- Foods that are listed as having less than 0.5 grams of trans fat *per serving*
- Food that has naturally occurring trans fat.



Which Labels Should I Save and For How Long?

- Beginning September 10, 2009
 - All labels of any oils, shortenings or margarines used for frying, pan-frying or grilling, or as a spread, until the product is completely used.
- Beginning March 10, 2010
 - All labels for foods containing oils, shortenings or margarines **REGARDLESS OF HOW YOU USE THE PRODUCTS!** For example - you should save the label of both the frying oil and the French Fries until both have been completely used.



Talk To Your Inspector!

- Don't wait until August and/or February to look through your inventory.
- Make changes as soon as you can.
- Review with your inspector all of the fat containing products you use in your establishment.



Talk to your Distributor!

- Make sure all of your products meet the regulatory standards (they are getting used to these questions, many town and cities are banning trans fat).
- Get nutrition facts panels and ingredient lists for products without labels.
- Get letters from manufacturers if needed.
- Food labels not written in English need to be addressed with a letter from the manufacturer.



One More Thing!!!



New Food Allergy Regulations

Go into Effect
January 1, 2010



New Food Allergy Regulations

- **WHO:** Every establishment that holds a health permit to serve food.
- **WHAT:** Prominently display a poster approved and provided by the Health Department about food allergy awareness in the staff area.
- **WHAT:** Include on all menus a notice to customers of the consumer's obligation to inform the server about any food allergies.
 - The language of this notice will be provided by the Health Department.



New Food Allergy Regulations

- **WHAT:** The person in charge and certified as a food protection manager, must (in order to obtain certification) view a video concerning food allergies.
 - This video will be a pre-approved video provided within an approved food protection manager course.



New Food Allergy Regulation

- **VOLUNTARY:** designation of a restaurant to be “Food Allergy Friendly”
 - May include but not limited to; maintaining on the premises, and making available to the public, a master lists of all ingredients used in the preparation of each food item available for consumption.



QUESTIONS??



Thank You For Coming!

For additional information, please contact:

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