

SUMMARY OF THE ALBANY COUNTY TRANS FAT REGULATION

Beginning January 1, 2009: You may not use partially hydrogenated vegetable oils, shortenings, or margarines for frying, pan-frying (sautéing), grilling, or as a spread unless you have product labels or other documents from the manufacturer showing that these ingredients contain less than 0.5 grams of trans fat per serving.

You may continue to use trans fat-containing oils and shortening for deep frying cake batter and yeast dough until the regulation takes full effect on July 1, 2009.

Beginning July 1, 2009: No food containing partially hydrogenated vegetable oils, shortenings or margarines with 0.5 grams or more trans fat per serving may be stored, used, or served by food service establishments.

The regulation does not apply to food served in the manufacturer's original, sealed packaging, such as a package of crackers or a bag of potato chips.

You must keep onsite the original labels or other acceptable documentation for all processed food products because they may contain fats, oils or shortenings.

For more information:

Call: (518) 447-4585

Email: notransfat@albanycounty.com

Visit: www.albanycounty.com/notransfat



Michael G. Breslin, Albany County Executive
James B. Crucetti, MD, MPH, Commissioner of Health

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ALBANY COUNTY TRANS FAT REGULATION PHASE TWO

BAKED GOODS, MIXES, FOOD INGREDIENTS, & PREPARED FOOD

What every restaurant and food service establishment needs to know

TRANS FAT REGULATIONS

ITEMS TO CHECK FOR THE SECOND DEADLINE

Foods that might contain artificial trans fat (read the labels to find out):

- Baked goods of all kinds
- Dessert toppings (sprinkles, chocolate chips, whipped toppings, syrups, icings, and candy coatings)
- Frozen foods (French fries, onion rings, breaded fish filets, chicken nuggets, pie crusts, doughs of all kinds, egg rolls, cannoli shells)
- Oils, shortenings, margarines, butter blends & butter-like spreads
- Cake, pancake, hot chocolate and other mixes, cheese sauces, peanut butter, salad dressings, non-dairy creamers, puddings, bread crumbs, crackers and croutons
- Fried dough (doughnuts, fritters, churros)

All of these items are
NOW AVAILABLE
WITHOUT ARTIFICIAL
TRANS FAT!

Effective Date: July 1, 2009

Is your business ready?

SEARCH YOUR KITCHEN FOR ARTIFICIAL TRANS FAT!



HERE IS HOW TO TELL IF A PRODUCT MAY BE USED

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FIND 0 GRAMS TRANS FAT BAKING SHORTENINGS & MARGARINES THAT WORK IN YOUR RECIPES.



Many Albany County bakers use ingredients that contain artificial trans fat - see the back of this brochure for a list of possible sources. Most are easily replaced - just ask your supplier for 0 grams trans fat versions.

Finding the right baking shortenings and margarines may take some time and effort. You may need to try more than one product.

For instance, if your 0 grams trans fat cookies are too crisp, try a cooler oven or a shorter bake time. Or substitute up to 1/4 of the sugar with a liquid sweetener such as corn syrup, invert syrup, or honey.

Remember, saturated fat is the other unhealthy fat. Keep it as low as possible.

To find the heart-healthiest alternatives, test trans fat replacements that are **lower in saturated fat**, and use the ones that work best in your recipes. Ask your supplier to start carrying shortenings and margarines with the lowest saturated fat.

DOCUMENTATION AND COMPLIANCE: WHAT YOU NEED TO KNOW If you are licensed by the Albany County Department of Health, as of July 1, 2009 you must follow these steps to be in compliance. If you supply food to Albany County licensees, you must follow these steps for the food items they buy from you.

STEP 1

All food items, except for agricultural products such as fresh fruits and vegetables, eggs, raw meat, fish, or poultry, must have an ingredients list. Read the ingredients list to see if "partially hydrogenated" vegetable oil, "shortening," or "margarine" is listed. If none of these items appear, you may use this product and the ingredients list is the only documentation necessary to have on the premises to comply with the regulation.

STEP 2

If the ingredients list contains "partially hydrogenated" vegetable oil, "shortening," or "margarine" then you must also have documentation of trans fat content, either listed on a Nutrition Facts panel or other documentation from the manufacturer. Acceptable documentation from the manufacturer must include:

1

The manufacturer's name, address, and phone number

2

Product name, serving size, and ingredients

3

Trans fat content per serving in grams

If you bake on the premises:

You must have the above documentations for all the ingredients you use.

If you serve items baked or made elsewhere:

You must have the above documentation for these items.

If you supply Albany County food service establishments:

As the manufacturer, you must provide documentation for all products sold to Albany County licensees. Use the steps above to determine what you need to provide your customers.

