Healthy Food for Healthy Schools Act
Trans Fat Regulations – Frequently Asked Questions

The Trans Fat Standards Regulation requires that any food or beverage (or ingredients used in their preparation) sold in a school must meet the following prescribed amounts of trans fat:

<table>
<thead>
<tr>
<th>Type of food, beverage or ingredient</th>
<th>Prescribed amount of trans fat</th>
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</thead>
<tbody>
<tr>
<td>Vegetable oil or soft, spreadable margarine</td>
<td>less than 2% of total fat content</td>
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<tr>
<td>Any food, beverage or ingredient (other than vegetable oil or soft spreadable margarine)</td>
<td>less than 5% of total fat content</td>
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What are trans fats?
Trans fat is a type of fat that is mostly found in pre-packaged products. Some trans fat is found naturally, but most is industrially produced when vegetable oils are partially hydrogenated. Research has shown that trans fat increases our risk for heart disease.

Which types of foods usually have trans fat?
Foods that commonly contain industrially-produced trans fat include:

- **Spreads**
  Hydrogenated (hard) margarine and shortening
- **Baked goods**
  Doughnuts, muffins, cakes, pastries, cookies, pies and tarts

How do I calculate how much trans fat is in a product?
Look at the Nutrition Facts Panel. Identify the amount of both trans fat and total fat in grams (g). Enter these two numbers into the following formula to calculate the percentage of total fat from trans fat.

\[
\text{Percentage of trans fat} = \left( \frac{\text{Trans fat (g)}}{\text{Total fat (g)}} \right) \times 100
\]

In this example:

- **Trans fat (g)**: 1.5 g
- **Total fat (g)**: 5.0 g

This product would not be allowed because trans fats are 30% of the total fat content, which exceeds the 5% standard.