



## 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:

Type of food, beverage or ingredient	Prescribed amount of trans fat
Vegetable oil or soft, spreadable margarine	less than 2% of total fat content
Any food, beverage or ingredient (other than vegetable oil or soft spreadable margarine)	less than 5% of total fat content

### 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

### ○ Packaged snack foods

Chips, crackers, microwave popcorn, granola bars, cereal bars and pudding cups

### ○ Breaded and deep fried foods

Chicken nuggets and burgers, fish sticks, hash browns and French fries

### ○ Ready to eat and frozen foods

Burritos and pizza pockets

### ○ Convenience foods

Taco shells, whipped toppings, instant soups and noodle kits

### 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.

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Nutrition Facts		Valeur nutritive	
Per 1/8 tray (283 g) / pour 1/8 de plat			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 140			
Fat / Lipides	5 g	8%	
Saturated / saturés	1 g	13%	
+ Trans / trans	1.5 g		
Cholesterol / Cholestérol 15 mg			
Sodium / Sodium	160 mg	7%	
Carbohydrate / Glucides	23 g	8%	
Fibre / Fibres	1 g	4%	
Sugars / Sucres	13 g		
Protein / Protéines	1 g		

To calculate percentage of trans fat:

$$\frac{\text{Trans fat (g)}}{\text{Total fat (g)}} \times 100$$

Use the product label and this simple formula to calculate the percentage of trans fat in all food products sold in your school.

In this example:

$$\frac{1.5 \text{ g}}{5.0 \text{ g}} \times 100$$

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