



Child Nutrition Services and The Trans Fat-Free Kitchen

The Nutrition Standards for Competitive Foods in Pennsylvania Schools (2007) states foods should provide “minimal to no trans fatty acids.” The School District of the City of Allentown is working to eliminate trans fat from all menu items.

Eliminating trans fat from the menu is an important issue for parents, food service directors, and dietitians nationwide. Pursuing trans fat-free alternative products and cooking methods is a top priority. Health trends and diet fads come and go; however, eliminating trans fats from menus is an important change to core nutritional values, and has global economic implications.

New products continue to emerge, allowing us to substitute trans fat for healthier choices without sacrificing food quality, taste, and performance.

What is trans fat and why is it harmful?

All vegetable oils and animal fats contain *trace amounts* of trans-fat:

- They are naturally occurring in beef and dairy products
- They are created during the refining process (high heat)

Artificial trans fats are created during the hydrogenation process; this process increases oil’s stability (i.e., increased fry life)

Trans fat consumption:

- Increases LDL (bad) cholesterol
- Decreases HDL (good) cholesterol
- Increases the risk of coronary heart disease
- It is a contributory factor in:
 - Type 2 diabetes
 - Obesity
 - Liver dysfunction

In March 2003, Denmark became the first country to impose a manufacturing limit on the amount of partially-hydrogenated oil allowed in processed food. This limit is two percent of fats and oils destined for human consumption.

Since the ban, Denmark has seen a 20 percent drop in death from heart disease.

Researchers have found that the near-elimination of trans-fat produced through hydrogenation would prevent between 72,000 - 228,000 heart attacks and deaths from coronary heart disease in the U.S. *each year*.*

*Source: *New England Journal Of Medicine*, 1/07

What products contain trans fat?

Partially-hydrogenated oils can be found in the following:

- Fry shortening (both liquid and solid)
- Liquid butter alternatives / pan and grill shortenings
- Salad oil (winterized)
- Margarine and spreads
- Bakery/cube shortenings
- Frozen foods that may have been par-fried in partially hydrogenated oils
- Bakery products, such as cakes, pies, cookies, and rolls
- Donuts
- Tortillas

What products do not contain transfat?

The following products are trans-fat free:

- Oils that are not partially hydrogenated
- Flavored salad dressings
- Mayonnaise
- Sauces
- Soup and flavor bases
- Aerosol pan coatings and flavored cooking sprays

Which is healthier – butter or margarine?

Butter and margarine contain the same total fat content (80%).

Butter is high in saturated fat and contains cholesterol, both of which contribute to coronary heart disease, among other health concerns.

Margarine contains trans fat, is low in saturated fat and is cholesterol-free. Trans fat contributes to coronary heart disease.

Based on a standard 14g serving:

	<u>Butter</u>	<u>Margarine</u>	<u>Zero Trans Fat Margarine</u>
Total fat	80%	80%	80%
Total bad fat	7g	5g	5g
Cholesterol	10% DV	0	0
Trans fat	0g	3g	0g
Saturated fat	7g	2g	5g

With trans fat-free margarine, butter blends, and spreads, you can offer a healthier choice for everything from cooking and baking, to spreads for breads and rolls. There is a trans fat-free alternative for every need.

You can also replace trans fat from your shortening and oil products without sacrificing product performance, food quality, and taste in all your frying, baking, grilling, sauté, and mixing applications.

For more information about Ventura's Trans-Fat Free Kitchen™, check out www.venturafoods.com.