Lynn, MA Board of Health
New Trans Fat Regulation

l. What is the trans fat regulation and who must comply?
The Lynn Board of Health passed a regulation restricting foods containing artificial trans fat in all food service establishments that are required to hold a permit from Lynn Board of Health as of January 1, 2012. These include restaurants, grocery stores, delis, cafeterias in schools and businesses, bakeries, caterers, mobile food vendors, and other establishments.

Under the regulation, foodservice establishments cannot store, prepare, distribute, hold for service, or serve any food or beverage containing artificial trans fat in the city of Lynn. However, the regulation has the following exemptions:

❖ A food or beverage that is in a manufacturer's original sealed package and is required by federal or state law to have nutrition labeling.

❖ A food or beverage with documented trans fat content of less than 0.5 grams per serving.

2. What is artificial trans fat?
Artificial trans fat, or trans fatty acid, is created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Another name for trans fats is "**partially hydrogenated vegetable oil**." Foods that may contain artificial trans fat include margarines, shortenings, and fry oils, as well as many baked goods, mixes, and packaged foods.

3. Why is trans fat being restricted?
Trans fat is a type of fat that has several negative health risks. It raises bad (LDL) cholesterol and lowers good (HDL) cholesterol. Eating trans fat increases your risk of developing heart disease and stroke. It is also associated with a higher risk of developing type 2 diabetes. Trans fat has no known health benefits and there is no safe level of artificial trans fat consumption.

4. When will the regulation go into effect?
Effective January 12, 2012, foodservice establishments may no longer use oils, shortening, or margarines containing partially hydrogenated vegetable oil for frying, sautéing, grilling, or in baked goods in the form of mixes, batters, doughs or the final product. All other foods containing artificial trans fat must also be eliminated

5. How will food service establishments be inspected for compliance with the regulation?
Health inspectors will monitor establishments for compliance during all routine inspections. Health Inspectors will conduct an initial inspection of food pantries, kitchens, and refrigerators/freezers to make sure that oils, spreads, shortenings, or other ingredients do not contain more than 0.5 grams of trans fat per serving. Food service establishments must maintain on premises original labels or other suitable documentation of all food products listing the ingredients and nutrient content of those food products.

If a Health inspector notes that an establishment is using restricted artificial trans fat or does not have labels on certain food products, they may be cited for a violation.

6. What happens if a violation is found?
Establishments found to be in violation of the regulation will receive a citation and fine ranging from warning for the first offense to $300 per day for three or more violations within a 24 month period.

7. How can I get a copy of the regulation?
A copy of the regulation may be downloaded from the City of Lynn's website on the Public Health Division page.

8. How can I get more information about trans fat and what I can do to eliminate them in my establishment?
You may contact the Public Health Division of ISD for additional information and assistance.

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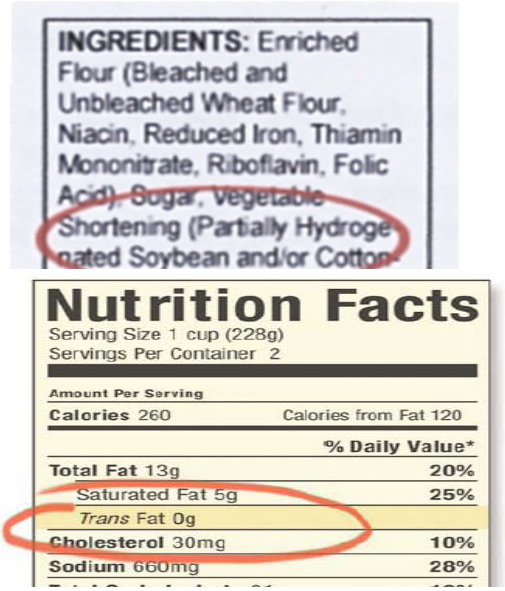
How do you know if there are trans fats in your establishment? Any food containing partially hydrogenated vegetable, soybean or cottonseed oil *contains* trans fats. Any food containing shortening, hydrogenated oil, or margarine *may* contain trans fats. It is important to read the ingredient lists of all the products in your operation. If one of these fats is listed, you need to find and read the nutrition facts to determine if there are more than .5 grams per serving of trans fats. Here is an example of an ingredient list and Nutrition Facts:



> **Note**: If there are no nutrition facts on a product, then you need to ask your distributor or the baker/manufacturer directly so that they can send you the nutritionals. Keep these nutrition facts on file.

Where might there be trans fats?

Check your freezer for baked goods like cakes and other desserts as well as prepackaged coated foods for deep-frying such as French fries, chicken nuggets, and fish sticks. Also, pizza, pot pies, doughs, or any other processed foods.

Check your refrigerators for margarines, any boxed baked good, and thawed products from the freezer.

Check your dry storage areas for solid square blocks of shortening, bags of muffin, scone, donut, cake, cookie and biscuit mix, pales of icings, crackers, icing bases, and sprinkles. If you are getting baked goods in from a local wholesaler, ask the company for the ingredient list if it is not listed on the box.

If there is partially hydrogenated vegetable, soybean, or cottonseed oil, or shortening or margarine, you need to ask your distributor for a nutritional breakdown to make sure the trans fat level is less than .5 per serving.

If I find trans fats, how do I replace it?

The food industry has made great advancements since trans fats were banned in NYC in 2006. Replacement fats are now readily available and trans fats are becoming less popular. The City of Lynn is here to help you, and we have a trans fat specialist who can come in and help you secure a replacement fat if you are having difficulty. A more direct route would be to contact the salesperson of the product's distributor to discuss the issue. Most often, salespeople will know of a substitute and carry it. If the product contains trans fats and comes directly from a manufacturer or wholesale bakery, replacing the product may take more effort. The best thing to do is contact the City of Lynn Health Division of Inspectional Services and they can refer you to resources in the area.

Some local bakery suppliers that carry zero trans fat products are:

J.A.R SUPPLY www.jarsupply.com
JOHNSON'S FOODS Phone: 617-265-3400
NATCO
http://www.reinhartfoodservice.com
PERKINS www.perkins1.com
SIEGEL EGG www.siegelegg.com
THURSTON FOODS www.thurstonfoods.com
Larger supplies include Agar, Sysco, US Foodservice, Cargill and Signature.

Remember, after January 1, 2012, if a product contains more than .5 grams of trans fats per serving, then this product should not be used.

For more information about trans fat and/or assistance in how to eliminate them in your establishment contact the Public Health Division of Lynn ISD for additional information and assistance.

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