

# Clear Your Kitchen of Trans Fat

## 1. CHANGE your oils.

For cooking and frying, check the ingredients on all oils. If “partially hydrogenated” is listed, switch to a non-hydrogenated oil instead. If there is no ingredients list, ask your supplier or the manufacturer.

For baking, use non-hydrogenated oils or shortenings with low or *no trans fat*.

## 2. CHOOSE healthy spreads.

Instead of stick margarine or butter, use soft tub spreads with low saturated fat and *no trans fat*.

## 3. ORDER prepared foods without trans fat.

Check ingredients and ask your supplier for baked products, pre-fried, and pre-mixed foods that are free of partially hydrogenated vegetable oils.

**INGREDIENTS:** Pasteurized Grade A Non-fat Milk, Fructose, ~~Red Bell Pepper~~, ~~Partially Hydrogenated Soybean Oil~~, Salt, Modified Cornstarch, Garlic, Lemon Juice

# Make an Oil Change

Read labels and choose products that are free of partially hydrogenated oils.

CALL 311

and ask for *trans fat* or visit [nyc.gov/health](http://nyc.gov/health) for more information



THE NEW YORK CITY DEPARTMENT  
of HEALTH and MENTAL HYGIENE  
Michael R. Bloomberg, Mayor  
Thomas R. Frieden, M.D., M.P.H., Commissioner  
[nyc.gov/health](http://nyc.gov/health)



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# Does Your Kitchen Need an Oil Change?



What Every Restaurant and Food Service Establishment Needs to Know About Trans Fat



## Trans fat is made when hydrogen is added to vegetable oil.

These oils are called partially hydrogenated.

Any food made with partially hydrogenated oil contains trans fat.

Restaurants commonly cook and fry with partially hydrogenated oils. Trans fat is also found in many pre-fried, baked, and prepared foods served in restaurants.

**Partially Hydrogenated Vegetable Oil  
= Trans Fat  
= Heart Disease Risk**

## Trans fat is unhealthy.

Trans fat – like saturated fat – increases the risk of heart disease by raising "bad" (LDL) cholesterol. The Food and Drug Administration and the New York City Department of Health and Mental Hygiene recommend that consumers ask about fats (including oils) used by restaurants and that they avoid trans fat.

Many restaurants have already begun to *make an oil change*. This booklet gives tips on how to do it.

## Are you serving trans fat? You won't know unless you check!

While many commercial vegetable oils contain trans fat, non-hydrogenated versions are available. The only way to know for sure if the oil you use contains trans fat is to check labels and to talk to your suppliers.

## Common sources of trans fat found in restaurant kitchens include:

- **Vegetable oils** used for frying, baking, and cooking
- **Shortening** (hard vegetable oil)
- **Margarine** and other spreads
- **Prepared foods**, including:
  - **Pre-fried foods**, such as French fries, fried chicken, chicken nuggets, fish fillets, chips, taco shells, and doughnuts
  - **Baked goods**, such as hamburger buns, pizza dough, crackers, cookies, cakes, pies, and pastries
  - **Pre-mixed ingredients**, such as pancake mix, hot chocolate, salad dressing, croutons, and breadcrumbs

All of these products are available without trans fat (made without partially hydrogenated vegetable oil).

## Not All Fats Are Created Equal

### GOOD FATS

Lower the risk of heart disease

Type of Fat	Monounsaturated	Polyunsaturated
<b>Important Sources</b>	<ul style="list-style-type: none"><li>• Olive, canola, and peanut oils</li><li>• Olives</li><li>• Cashews, almonds, peanuts, and most other nuts</li><li>• Avocados</li></ul>	<ul style="list-style-type: none"><li>• Corn, soybean, safflower, and cottonseed oils</li><li>• Fish and seafood</li></ul>

### BAD FATS

Increase the risk of heart disease

Type of Fat	Trans*	Saturated
<b>Important Sources</b>	<ul style="list-style-type: none"><li>• Partially hydrogenated vegetable oil</li><li>• Most margarine and shortening</li><li>• Many deep-fried foods</li><li>• Many fast foods</li><li>• Most baked goods</li></ul>	<ul style="list-style-type: none"><li>• Whole milk, butter, cheese, and ice cream</li><li>• Lard and suet</li><li>• Meat (beef, pork, bacon, sausage, and deli meats have the most)</li><li>• Chicken and other poultry have less, especially with skin removed</li><li>• Chocolate and cocoa butter</li><li>• Palm oil</li><li>• Coconut products, including milk and oil</li></ul>
<b>* Most foods that contain trans fat can be made with non-hydrogenated oils instead.</b>		