



DEPARTMENT OF ENVIRONMENTAL HEALTH County of Riverside

INFORMATIONAL BULLETIN NO. 72-10-DES

DISTRICT ENVIRONMENTAL SERVICES

TRANS FAT BAN ASSEMBLY BILL (AB 97) CALIFORNIA HEALTH AND SAFETY CODE § 114377

This bulletin is intended to provide compliance assistance information to retail food facilities regarding the ban of artificial trans-fat. The law may be reviewed in its entirety by viewing Section 114377 of the California Health and Safety Code at <http://www.leginfo.ca.gov/calaw.html>.

History

- In 2005 the Food and Drug Administration released a study stating that the average trans-fat intake for a person over 20 is 5.8 grams per day.
- Trans fat increases the risk of heart disease, stroke, and diabetes by increasing levels of bad cholesterol (LDL's) and decreasing levels of good cholesterol (HDL's).

Requirements

- Health authorities worldwide recommend that consumption of trans-fat be reduced to trace amounts. The California legislature has therefore, passed this bill to address an important health issue.
- Facilities will now retain labels for all food / food additives containing any fat, oil, or shortening. Every food facility shall maintain on premises the label for all food or food additives that is or includes any fat, oil, or shortening for as long as the food is stored, distributed, served, or used in the preparation of food within a food facility. If the product does not have an ingredients list the facility operator must obtain a letter from the manufacturer which lists the ingredients and trans-fat content per serving.
- Beginning January 1, 2010, no oil, shortening, or margarine containing artificial trans-fat for use in spreads or frying may be stored, distributed, served, or used in the preparation of any food within a food facility.
- Beginning January 1, 2011, no food containing artificial trans-fat, including oil, shortening and margarine may be stored, distributed, served, or used in the preparation of any food within a food facility.
- Except: oil, shortening, or margarine containing artificial trans-fat may be used when deep frying yeast dough or cake batter (Bakeries).

Important Information

- Donuts and similar type foods that are fried in oil, shortening, or margarine containing artificial trans-fat may continue to deep fry yeast dough or cake batter until January 1, 2011, when the exemption for this process expires.
- If a product contains less than 0.5 grams of trans-fat per serving, it is approved for use.

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- Certain meats and dairy products contain naturally occurring trans-fats and this source of fat is approved for use. An artificially produced trans-fat greater than 0.5 grams is not approved. To distinguish the source of trans-fats, consult the ingredients list. If the ingredients include partially hydrogenated oil, shortening or margarine, the trans-fat is artificial and not approved over 0.5 grams.
- The trans-fat ban does not apply to any food sold or served in the manufacturer's original, sealed package.

*Document available in an alternate format upon request.

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