



TRANS FAT

New Standard

School Food Authorities shall strive to eliminate foods containing added trans fats.

Rationale

The *2005 Dietary Guidelines for Americans* recommend limiting the intake of fats and oils high in saturated and/or trans fatty acids. A high intake of trans fat may increase the risk of coronary heart disease.

What are Trans Fats?

Trans fat is formed when turning an oil into a solid or semi-solid. The process is called hydrogenation and is made known in the ingredient statement on the label as hydrogenated oil or partially hydrogenated oil.

Processed foods and oils provide about 80 percent of trans fat in the diet, compared to about 20 percent that occur naturally in food from animal sources. Major sources of trans fats in the American diet in descending order are cakes, cookies, crackers, pies, breads, animal products, margarine, fried potatoes and shortening.

Using Commodities to Meet This Standard

The USDA Food Distribution Program eliminated trans fats from its frozen potato products and stopped offering solid shortening.

