
(con't) TRANS FAT

Menu Tips

- Compare similar products by the Nutrition Facts label and choose the food with the lowest amount of trans fat.
- Talk with food vendors and make product comparisons.
- Write specifications for food products with no trans fats.
- Offer fruits and vegetables.
- Be aware that á la carte items may be high in trans fats.

Recipe Ideas

- Find healthy alternatives to fats and oils.
- Use liquid margarines and oils when possible, in cooking and baking.
- Oils that are liquid at room temperature will be the best choice.

LABEL READING

Check the Nutrition Facts label and avoid foods with “partially hydrogenated oils” listed as one of the primary ingredients because this is a sign that the food contains trans fats.

In 2006, trans fats were required to be listed on Nutrition Facts labels.

