

SUMMARY OF THE ALBANY COUNTY TRANS FAT REGULATION

Beginning January 1, 2009: You may not use partially hydrogenated vegetable oils, shortenings, or margarines for frying, pan-frying (sautéing), grilling, or as a spread unless you have product labels or other documents from the manufacturer showing that these ingredients contain less than 0.5 grams of trans fat per serving.

You may continue to use trans fat-containing oils and shortening for deep frying cake batter and yeast dough until the regulation takes full effect on July 1, 2009.

Beginning July 1, 2009: No food containing partially hydrogenated vegetable oils, shortenings or margarines with 0.5 grams or more trans fat per serving may be stored, used, or served by food service establishments.

The regulation does not apply to food served in the manufacturer's original, sealed packaging, such as a package of crackers or a bag of potato chips.

For more information:

Call: (518) 447-4585

Email: notransfat@albanycounty.com

Visit: www.albanycounty.com/notransfat



Michael G. Breslin, Albany County Executive
James B. Crucetti, MD, MPH, Commissioner of Health

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griddle
shortenings



margarines used for
spreading or frying



sauté
oils



fry oils and
shortenings

ITEMS TO CHECK FOR THE FIRST DEADLINE:

TRANS FAT REGULATIONS



ALBANY COUNTY TRANS FAT REGULATION PHASE ONE

FRYING & MARGARINE SPREADS

What every
restaurant
and food
service
establishment
needs to
know

Effective Date: January 1, 2009

GET READY NOW!

Albany County food service operators are required to remove artificial trans fat in two phases. Phase 1, which begins January 1, 2009, involves oils and shortenings used for frying and margarine used as a spread. Oils and shortenings used to fry yeast and cake batter items (such as doughnuts) are exempt until the beginning of Phase 2, on July 1, 2009.

NOW THAT YOU HAVE TO COMPLY,

DO YOU KNOW WHAT TO DO NEXT?

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Light/medium duty oils include canola, soy, sunflower, and olive oils. At high heat, these oils break down more quickly than trans fat. If you deep fry with these, it's important to change oil frequently.



Heavy duty oils are good for extended deep frying over longer periods. Heavy duty oils and shortenings with 0 grams of trans fat will perform most like partially hydrogenated (trans fat) fry



Liquid butter substitutes are good for griddle and pan frying because they are much more stable than butter at high heat. Choose one that has 0 grams of trans fat.

CHOOSING A 0 GRAMS TRANS FAT HEAVY DUTY REPLACEMENT

Oils and shortenings with trans fat, because they have such a long "fry life," have long been popular for long-term heavy-duty frying. Now that we know how unhealthy they are, we are returning to traditional heavy duty oils and some newer alternatives. They are as follows:



Naturally stable plant oils:

These include cottonseed, peanut, corn, and rice bran, traditional favorites for heavy-duty frying.



Modified composition oils:

Oils labeled "low linolenic," "mid oleic," and "high oleic" come from familiar plant sources that have been bred for high stability. Under the right conditions these oils can last a week or longer.



Oil blends:

Increase the stability of light/medium duty oils by blending them with naturally stable plant oil or modified composition oil. You can also purchase pre-made blends. Typical blends contain 75-90% soy or canola oil mixed with 10-25% peanut, cottonseed, rice bran, or modified composition oil.

KNOW YOUR SPREADS: MARGARINE, & BUTTER, & BUTTER BLENDS

Many margarines and butter-like spreads contain artificial trans fat. If you are using a margarine or some other kind of "buttery" spread in your restaurant, check the Nutrition Facts panel. It must say "0 grams" trans fat.



Pure butter is permitted, but many butter blends have too much artificial trans fat to be allowed. Talk to your supplier about getting a 0 grams trans fat butter blend and check the Nutrition Facts panel to be sure!