

Trans Fats & Your Food Business

What are Trans Fats?

- ❖ A type of fat that occur naturally and artificially in the human diet.
- ❖ Unsaturated fatty acid are utilised by food manufacturers to extend the products shelf life.
- ❖ Artificial, synthetic, industrial or manufactured Trans fats are produced by the way some fats and oils are processed i.e. by a process called hydrogenation. Hydrogenation is widely used to solidify liquid vegetable oils to make products such as margarines and shortenings and involves adding hydrogen to the oils.

Why are Trans Fats bad for your customer?

- ❖ Increases the level of "bad" LDL cholesterol, within the blood.
- ❖ Decreases the level of "good" HDL cholesterol within the blood. When a person has a high total blood cholesterol level, it increases the risk of heart disease and stroke. Heart disease is the leading single cause of death in Australia.
- ❖ Associated with a higher risk of developing type 2 diabetes.

Where are Trans fats found in your food business?

- ❖ Naturally occurring Trans fats can be found in small amounts in dairy products, beef, veal, and lamb.
- ❖ Artificial trans fats are found in oils used for deep frying and cooking, sandwich spreads and margarines
- ❖ They are also found in oils and vegetable fats used to make pies, pastries, cakes, muffins, biscuits, doughnuts, pizza dough and crackers.



How can your food business improve the health of your customers?

✓	Avoid using hydrogenated oils” or “partially hydrogenated vegetable oils”. Check with your supplier before purchasing oil products.
✓	Cook with polyunsaturated or monounsaturated oils, such as sunflower, soybean, olive, canola, avocado, sesame and peanut oil when cooking, frying, roasting or deep frying.
✓	Change your deep frying cooking methods to baking, grilling and steaming.
✓	Use polyunsaturated and monounsaturated spreads for sandwiches.
✓	Serve baked wedges instead of chips were possible. If this is not possible, use thick cut chips instead of thin chips and cook at 185°C. If you serve frozen chips, do not thaw them before cooking and keep your oil clean.
✓	Use lean meat and trim off all visible fat before serving to your customer.
✓	Use reduced, low or no fat dairy food products where possible on your menu.
✓	Inform your customer of the changes your business is making towards a trans fat free business. E.g. by providing nutritional information panels on your menu.

Example of suppliers for polyunsaturated and monounsaturated oils

- ❖ Pukara Estate www.pukaraestate.com.au
- ❖ Toscana www.toscanaolives.com.au
- ❖ Organic Australia www.organicsaustraliaonline.com.au
- ❖ Eden Foods www.edenfoods.com/store/product
- ❖ Adams Australia www.adamsaust.com.au

It's time for an oil change

For more information on healthier choices within your food businesses and aiming towards a Trans Fat Free Food Business please contact Council on 9399 0973 or refer to Randwick City Councils website www.randwick.nsw.gov.au or The Food Standards Australia New Zealand website www.foodstandards.gov.au.