

APPENDIX 3: CALCULATING TRANS FAT

Trans Fat Standards (O.Reg. 200/08)

Any food, beverage or ingredient offered for sale in a school or used as an ingredient in the preparation must meet the following prescribed amounts of trans fat:

- The trans fat content does not exceed 2% of the total fat content for **vegetable oil or soft, spreadable margarine**
- The trans fat content does not exceed 5% of the total fat content for **any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine**

Calculating trans fat amounts

Read the Nutrition Facts table and use the following formula to determine the % fat from trans fat.

$$\text{Formula: } \frac{\text{Trans (g)}}{\text{Fat (g)}} \times 100 = \% \text{ of total fat from trans fat}$$

Example

Product A:

Apple Fritter (Large Donut)

Nutrition Facts			
Per 1 (227 g)			
Amount	% Daily Value		
Calories 780			
Fat 37g	57%		
Saturated 8 g	40%		
+ Trans 11g			
Cholesterol 0 mg	0%		
Sodium 830 mg	35%		
Carbohydrate 109 g	36%		
Fibre 11 g			
Sugars 34 g			
Protein 11g			
Vitamin A	10%	Vitamin C	0%
Calcium	20%	Iron	50%

Calculation:

$$\frac{\text{Trans 11 g}}{\text{Fat 37 g}} = 0.30 \times 100 = 30\%$$

Therefore, 30% of the total fat content is *trans* fat. Product A **does not meet** the *trans* fat standard because it exceeds 5% of the total fat content that has been set for any food, beverage or ingredient.

Product B:

Banana Walnut Muffin

Nutrition Facts			
Per 1 (120 g)			
Amount	% Daily Value		
Calories 460			
Fat 21g	5%		
Saturated 4 g	3%		
+ Trans 1g			
Cholesterol 70 mg	0%		
Sodium 350 mg	24%		
Carbohydrate 61 g	16%		
Fibre 2 g	26%		
Sugars 40 g			
Protein 6g			
Vitamin A	2%	Vitamin C	10%
Calcium	6%	Iron	10%

Calculation:

$$\frac{\text{Trans 1 g}}{\text{Fat 21 g}} = 0.048 \times 100 = 4.8\%$$

Therefore, 4.8% of the total fat content is *trans* fat. Product B **meets** the *trans* fat standard because it does not exceed 5% of the total fat content for any food, beverage or ingredient.

Appendix 3 (continued)

Products* that may contain trans fat

- **Spreads:** Hydrogenated (hard) margarine and shortening
- **Baked goods:** Doughnuts, muffins, cakes, pastries, cookies, tortillas, pies and tarts
- **Packaged snacks:** Chips, crackers, microwave popcorn, granola/cereal bars, wafers and pudding cups
- **Breaded and deep fried food:** Chicken nuggets and burgers, fish sticks, onion rings, hash browns, dumplings and French fries
- **Ready-to-eat and frozen food:** Quiches, burritos, pizza, pizza pockets, egg rolls, meat or vegetable pies or pastries, breakfast sandwiches, waffles, toaster pastries and frozen potato products
- **Convenience food:** Taco shells, pie crust, pancake and waffle mixes, muffin and cake mixes, icing, instant soups and noodle kits, gravy mixes, whipped toppings, ready to bake dough, puff pastry, hot chocolate mix and coffee whitener

*Not all of these products contain trans fat. Many food companies are removing trans fat from food products. It is important to **read the Nutrition Facts table** to determine if a food contains trans fat. Look for products with **0 g of Trans**.