CAMBRIDGE PUBLIC HEALTH DEPARTMENT
Cambridge Health Alliance

Trans Fat Assessment Tool
For Cambridge Food Service Establishments

Artificial trans fat increases the risk of heart disease, because it raises "bad" cholesterol and lowers "good" cholesterol. The City of Cambridge will be banning artificial trans fat from local food service establishments to help improve the health of its residents. The trans fat ban applies to all foods and beverages you serve to your customers unless it is served in the manufacturer's original sealed packaging with a Nutrition Facts label (like a small bag of chips).

While all food service establishments must be trans-fat-free as of July 1, 2009 and October 1, 2009 (see the regulation for requirements for each phase), we encourage you to become trans-fat-free as soon as possible. When you become trans-fat-free before July 1, 2009, the name of your establishment will be listed on the Cambridge Public Health Department website and you will be provided with free decals that will let your customers know your establishment is trans-fat-free.

This is your assessment tool. It was developed to help you find out if you currently serve products with artificial trans fat. There are four parts:

1. How to Identify Trans Fat
2. Trans Fat Assessment Form: Locate foods at your site containing artificial trans fat. Submit this form with the application that follows to receive your "trans-fat-free establishment" decal.
3. Application for Decal
4. Frequently Asked Questions

119 Windsor Street ● Cambridge, MA 02139
Tel 617.665.3800 Fax 617.665.3888

Part 1: How to Identify Trans Fat

Use the following guidelines to eliminate artificial trans fat from your food service establishment.

1. Where can artificial trans fat be found?

Artificial trans fat can be found in many products, including:

a. Oils, shortenings and margarines
b. Bread crumbs, croutons, dressings, sauces and mixes
c. Pre-fried foods such as onion rings, chicken, fries, fish fillets, chips, taco shells and donuts
d. Baked goods such as pies, cakes, pastries, rolls, buns and pizza dough
e. Beverages such as hot cocoa or other beverage mixes

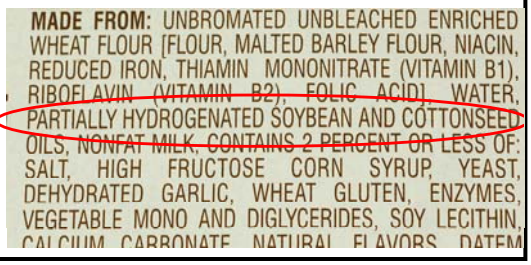
2. Do I need to check all foods?

You should check most foods, except for fresh items such as fresh unprocessed produce; fresh unprocessed meats and poultry; grains such as plain rice; or plain flour that is not part of a mix. Also, items that are sold to customers in their original sealed packaging with a label from the manufacturer (bags of chips, cans of soda) are exempt.

3. How do I find out if a food is allowed?

1. Check the ingredients list to see if "partially hydrogenated," "shortening," or "margarine" are listed.
   a. If none of these terms are listed, you may use the product.
   b. If any of these terms are listed, go to #2.

Sample Ingredients List


MADE FROM: UNBROMATED UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, NONFAT MILK, CONTAINS 2 PERCENT OR LESS OF: SALT, HIGH FRUCTOSE CORN SYRUP, YEAST, DEHYDRATED GARLIC, WHEAT GLUTEN, ENZYMES, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, CALCIUM CARBONATE, NATURAL FLAVORS, DATEM

2. Check the product's Nutrition Facts panel for trans fat content.
   a. If the panel says the product has 0 grams of trans fat, or less than 0.5 grams of trans fat per serving, you may use the product.
   b. If the panel says the product has 0.5 grams or more of trans fat per serving, you may NOT use the product.
   c. If there is no Nutrition Facts panel on the product, go to #3.

Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving	
Calories 60 Calories from Fat 15	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

3. If there is no Nutrition Facts panel, ask your supplier to provide a letter from the manufacturer listing the product's ingredients.
   a. If the ingredients list contains the terms "partially hydrogenated," "shortening," or "margarine," the letter must also include information on the amount of trans fat in each serving.
   b. As in #2, if the product has 0 grams of trans fat, or less than 0.5 grams of trans fat per serving, you may use it.
   c. The letter should be on the manufacturer's letterhead and show the manufacturer's name and address. Keep the letter at your food service establishment, available for review by a restaurant inspector.

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Part 2: Trans Fat Assessment Form

Fill out this form. Use it to identify and then eliminate products with artificial trans fat. When all foods in your facility are trans-fat-free, submit the application form that follows to: Cambridge Public Health Department, 119 Windsor Street, Cambridge, MA 02139. You will receive your "trans-fat-free establishment" decal!

Date:	List of items with trans fat	List of items that need nutrition information	Notes
Food preparation areas			
Refrigerators and Coolers			
Freezers			
Dry storage			

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	List of items with trans fat	List of items that need nutrition information	Notes
Extra storage			
Receiving areas			
Serving area			
Self serving refrigerators			

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	List of items with trans fat	List of items that need nutrition information	Notes
Bar refrigerator			
Individually packaged foods & vending machines (only for K-12 schools)			
Other:			
Comments			

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Part 3: Application for Trans Fat Free Decal

I _____ (your name),

representing _____(name of establishment) at

_____(address) certify that I

have completed the trans fat assessment of all areas of my facility where food and beverages are kept. I checked all foods for trans fat content that this establishment serves, obtained manufacturer information as needed, and have the labels on hand in this facility. Based on this review, the foods and beverages this establishment serves are trans-fat-free.

I checked the following areas:

- ☐ Food preparation areas
- ☐ Refrigerators and Coolers
- ☐ Freezers
- ☐ Dry storage
- ☐ Extra storage
- ☐ Receiving areas
- ☐ Serving area
- ☐ Self serving refrigerators
- ☐ Bar refrigerator
- ☐ Vending machines (only for K-12 schools)
- ☐ Other _____
- ☐ Other _____
- ☐ Other _____

I would like _____# of window clings (up to 2).
I would like _____# of stickers (up to 2).
_____ I would like an electronic version of the logo emailed to me

Name	Signature
Job Title	Business/Company
Date	Address
Email	Website

Please return this application form, along with your checklist to: Cambridge Public Health Department, 119 Windsor Street, Cambridge, MA 02139

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Part 4: Frequently Asked Questions

1. What do I do if I find items that are not allowed?
Talk to your food vendors about a healthy trans-fat-free replacement product. Most manufacturers are removing artificial trans fat from their products, so it should not be too difficult to find the same or a similar product that is trans fat free.

2. What do I do if I need nutrition information for an item?
Request nutrition information from your vendor. Acceptable documentation must include:

(1) The manufacturer's name, address, and phone number;
(2) Product name, serving size, and ingredients;
(3) Trans fat content per serving, in grams, if product contains artificial trans fat.

3. What do I do with products that are not allowed?
You must discard them. They are not allowed to be stored on the premises after the regulation goes into effect.

4. How do I use the assessment worksheet?
Take the worksheet and check all areas in your facility where food is kept. You will find the most common areas listed. Using the instructions under 2, determine which items are not allowed or need more information.

5. What do I do with the worksheet when it is complete?
You can keep it for your records.

6. What are the benefits of completing this trans fat assessment?
Completing this assessment will help you prepare for the trans fat ban. You will also be able to get a decal to let your customers know that your establishment does not serve artificial trans fat.

7. Additional questions?
Ask your sanitary inspector or contact the Cambridge Public Health Department at 617-665-3800.

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