



County of San Diego  
Department of Environmental Health  
Food and Housing Division



AB 97  
Section 114377: Trans Fat  
Operator Fact Sheet

Consumption of trans fat has been found to contribute to an increased risk in coronary heart disease by decreasing good (HDL) cholesterol and increasing bad (LDL) cholesterol. A new addition to CalCode, Section 114377 addresses the prohibition of trans fats in food facilities. The prohibition of trans fat impacts all food facilities **EXCEPT** public school cafeterias.

Date	Beginning January 1, 2010	Beginning January 1, 2011
Trans Fat	No oil, shortening, or margarine containing artificial trans fat for use in spreads or frying may be stored, distributed, served or used in preparation at a food facility. <b>Exemption:</b> Trans fat products may be used for the <b>deep frying of yeast dough or cake batter.</b>	All food/food products stored, distributed, served by, or used in the preparation of any food in a food facility must be free of trans fat <b>including</b> products used for <b>deep frying of yeast dough or cake batter.</b>
Product Label At Facility	Labels must be kept for as long as the food or food product is in the facility and be available for the specialist to review.	

**Common Questions:**

**Q.** How do I know if the food/food product contains trans fat?

**A.** Look at the label, food contains trans fat if the label states a trans fat content greater than 0.5 grams per serving or contains either vegetable shortening, margarine, or any kind of partially hydrogenated oil. Foods with a trans fat content of less than 0.5 grams per serving are not considered to contain trans fat.

**Q.** Do all margarines and shortening have artificial trans fat?

**A.** No, there are margarines and shortenings that do not contain trans fat. Make sure to read the label to see if the product contains trans fat.

**Q.** If on the label the trans fat content is listed as less than 0.5 grams per serving, but multiple servings are used, does the final product contain trans fat?

**A.** No, whether a product contains trans fat is dependant on the single serving.

**Q.** Are prepackaged goods that contain trans fat in retail markets exempt?

**A.** Yes, food/food products sold to the public in the original, sealed package are exempt. If a facility is providing samples of a prepackaged food and has opened the package then the food is no longer exempt.

**Q.** Are trans fat free alternatives available?

**A.** A large amount of suppliers have options for trans fat free oils, shortenings and margarine. Discuss your trans fat free options with your supplier or visit our website [www.sdcdeh.org](http://www.sdcdeh.org) for more information.

**SB 241**  
**Summary of Changes to the California Retail Food Code**

The following are several amendments made to the California Retail food Code. These amendments are effective *October 11, 2009*. Amendments include the changes to the definition of potentially hazardous food, person in charge, handwash sink requirements, and cooling.

<b>Amended Sections</b>	
<b>113871 – Potentially Hazardous Food</b>	Cut tomatoes or mixtures of cut tomatoes must be held 41°F or below.
<b>113947 – Person In Charge</b>	A designated person who has knowledge of safe food handling practices as they relate to the specific food preparation activities that occur at a food facility.
<b>113953 (b) – Handwashing Facility</b>	Water temperature at hand sink that cannot be adjusted at the faucet shall have hot water of least 100°F but not greater than 108°F.
<b>114002 (b) – Cooling</b>	Potentially hazardous food shall be cooled rapidly from 135°F to 41°F or below within a total of 6 hours and during this time the decrease in temperature from 135°F to 70°F shall occur within 2 hours.