Getting the Facts on Trans Fats

IMPORTANT INFORMATION REGARDING NEW FDA REGULATIONS

What are Partially-Hydrogenated Oils (PHOs)?
- Most commonly known as trans fat
- A type of fat formed when liquid oils are made into solid fats (shortening and hard margarine)
- Partially-hydrogenated oils are made when hydrogen is added to vegetable oil (hydrogenation process) to increase shelf-life and flavor stability of foods

The Food and Drug Administration (FDA) has issued a final determination regarding PHOs and determined that they are not generally recognized as safe (GRAS) for human consumption. This means that PHOs, which are the primary dietary source of industrially-produced trans fats, can no longer be used or served in a retail food facility.

When does this take effect?
Depending on the food item, the FDA regulation goes into effect from **June 18, 2018** to **January 1, 2021** for manufacturers of Partially-Hydrogenated Oils.

How will I know what I am purchasing has trans fats?
Contact your distributor to find out which food products do not contain trans fats before purchasing.

Where can I get more information on the FDA PHO regulation?
More information can be found in the **FDA Final Determination Document**. More information on the extension of the compliance date can be found in the **Federal Register**.

Who can I call or email with questions regarding PHO’s?
DEH’s Information Specialist can be reached at (858) 505-6900 or FHDUTYEH@SDCOUNTY.CA.GOV.
For information from the FDA regarding PHOs call: 1-888-INFO-FDA (1-888-463-6332).