



County of San Diego

Department of Environmental Health

Food and Housing Division



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.

What are the labeling requirements on food items?

- As of **January 1, 2006**, food manufacturers must list trans fat on the nutrition label
- The FDA requires the amount of trans fat in a serving to be listed on a separate line under saturated fat on the Nutrition Facts panel
- Trans fat will be listed only in gram amounts since daily values have not been established
- Facilities are required to maintain labels on site for any foods or food additives that contain any trans fat, oils or shortening

Are there any exemptions to the regulation?

Certain trans fats are acceptable and include:

- Naturally occurring trans fat (ingredients from ruminant sources)
- The use of conjugated linoleic acid (CLA)
- Partially hydrogenated methyl ester of rosin
- Fully hydrogenated oils
- Edible oils that contain Industrially-Produced Trans Fatty Acids (IP-TFA) as an impurity

Nutrition Facts	
Serving Size 4 Cookies (32g)	
Servings Per Container about 9	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated vegetable oil (soybean, cottonseed, palm and/or palm kernel oils, TBHQ and citric acid to preserve freshness), cocoa, caramel color, contains two percent or less of cocoa processed with alkali, invert sugar, whey (milk), leavening (baking soda, monocalcium phosphate), cornstarch, salt, soy lecithin, artificial flavor, oil of peppermint.	

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).