

Clear Your Kitchen of Trans Fat

1. CHANGE your oils.

For cooking and frying, check the ingredients on all oils. If “partially hydrogenated” is listed, switch to a non-hydrogenated oil instead. If there is no ingredients list, ask your supplier or the manufacturer.

For baking, use non-hydrogenated oils or shortenings with low or **no trans fat**.

2. CHOOSE healthy spreads.

Instead of stick margarine or butter, use soft tub spreads with low saturated fat and **no trans fat**.

3. ORDER prepared foods without trans fat.

Check ingredients and ask your supplier for baked products, pre-fried, and pre-mixed foods that are free of partially hydrogenated vegetable oils.

INGREDIENTS: Pasteurized Grade A Non-fat Milk, Fructose, Red Bell Pepper, Partially Hydrogenated Soybean Oil, Salt, Modified Cornstarch, Garlic, Lemon Juice

Make an Oil Change

Read labels and choose products that are free of partially hydrogenated oils.

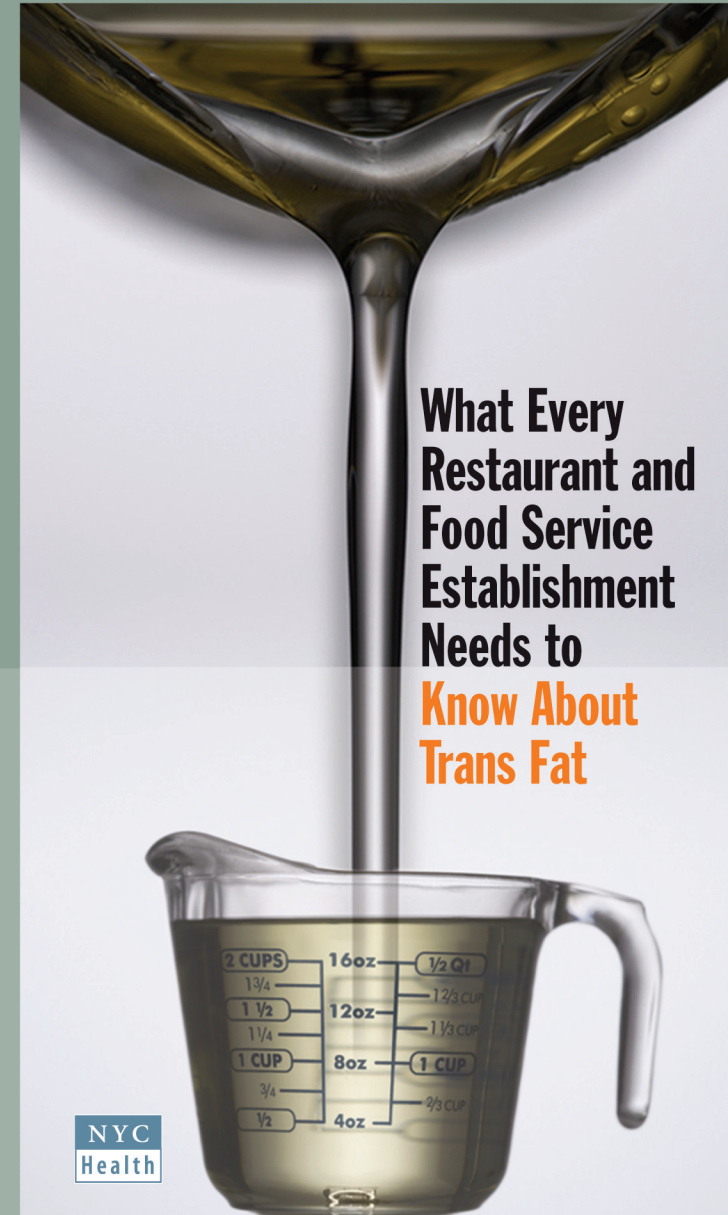
For More Information Contact the

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Acknowledgement to:

THE NEW YORK CITY DEPARTMENT
of HEALTH and MENTAL HYGIENE

Does Your Kitchen Need an Oil Change?



What Every Restaurant and Food Service Establishment Needs to Know About Trans Fat

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