



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
ENVIRONMENTAL HEALTH SERVICES DIVISION**

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NOTIFICATION TO RETAIL FOOD FACILITIES NEW FDA REGULATIONS PERTAINING TO PARTIALLY HYDROGENATED OILS (REMOVING TRANS FAT FROM FOOD)

The Food and Drug Administration (FDA) has issued a [final determination](#) that foods that contain *Partially Hydrogenated Oils (PHOs)* are no longer generally recognized as safe (GRAS) for use in human food. This means that food ingredients that contain trans fats may not be consumed or used in food at a retail food facility.

When does this take effect?

The FDA regulation goes into effect on **June 18, 2018**.

You may visit the FDA website to view information on commercially manufactured foods that have extended compliance dates <https://www.fda.gov/Food/ucm292278.htm> . However, it is important to recognize that a product prepared or produced at retail facility cannot contain PHOs.

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.

Are there any exemptions to the regulation?

The FDA determination does not apply to:

- 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

How will I know if I am using a food that has trans fats?

Read the label to see if the product contains trans fat. Any food with **“partially hydrogenated oils”** on the label contains trans fat, regardless of the quantity of trans fat indicated in the "Nutrition Facts" section. If you are still unsure, you may contact your food manufacturer or distributor.

Where can I get more information on the FDA PHO regulation?

More information can be found in the FDA Final Determination Document or in the [Federal Register](#). You may also call the Environmental Health Services Division at (805) 781-5544 or the FDA at 1-888-INFO-FDA (1-888-463-6332). An inspector will also share this information during your next inspection. Violations will be marked on subsequent inspections if trans fats are found being used in food.

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.	