

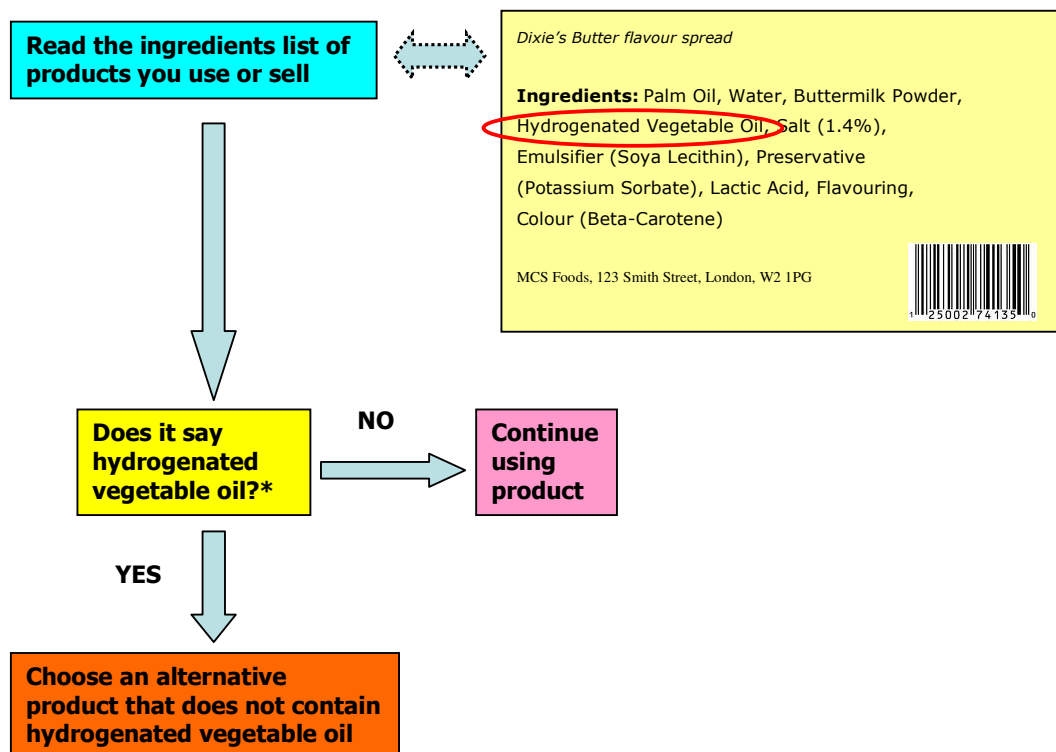
HLSG 5(a) - Tips to remove artificial trans fats

Why do you need to know about trans fats?

- Eating too much trans fats can be bad for your health as they raise the type of cholesterol in the blood that increases the risk of heart disease.
- Artificial trans fats can be formed when oil goes through a process called hydrogenation to turn it solid. This type of hydrogenated fat can be used for frying or as an ingredient in processed foods.
- The Department of Health has asked all food businesses to help to remove artificial trans fats by ensuring all the foods and ingredients they use or sell are free from hydrogenated vegetable oil. This is a voluntary initiative.
- Consumers are becoming more and more interested in eating a healthier diet and by removing hydrogenated vegetable oil you are responding to consumer demand. Most businesses have already removed hydrogenated oils without any negative customer feedback.

What can you do to help?

Follow the steps in this flow chart to help remove artificial trans fats from the foods you use or sell



* The ingredients list may state the specific type of hydrogenated vegetable oil e.g. hydrogenated rapeseed oil or hydrogenated palm oil etc. *Look out for the word hydrogenated!*

Products that may contain Hydrogenated Vegetable Oil

To help narrow down the range of products you may need to check, here is a list of items that may contain hydrogenated vegetable oil.

Oils & fats	Ice Cream
Biscuits (Sweet and Savoury)	Peanut Butter
Bread & Cake Mixes	Chocolate Spreads
Bread Rolls	Coffee Whiteners
Buns, Cakes & Doughnuts	Pies & Pasties
Croissants	Pizzas
Desserts & Custards	Non-dairy Cream
Instant Drinks & Soups	Confectionery
Sausage Rolls	Frozen Potato Products
Crisps & Savoury Snacks	Margarines, spreads, mayonnaise

What next...

This advice forms part of the Government's Responsibility Deal. Businesses that implement this guidance and meet the general requirements of the Responsibility Deal may be eligible to become partners of the Responsibility Deal. If you would like to learn more about becoming a partner please contact us at:

transfatpledge@dh.gsi.gov.uk