

AB 97 (Mendoza) Trans Fat Ban

Fact Sheet

Summary

AB 97 will phase out the use of trans fat in California Restaurants beginning January 1, 2010 and from baked goods on January, 1 2011. AB 97 imposes a fine that may range from \$25-\$1,000 for violations of these provisions.

Background

There is a direct, proven relationship between diets high in trans fat content and LDL ("bad" cholesterol levels and an increased risk of coronary heart disease—a leading cause of death in the United States. Trans fats are invisible and dangerous.

There is no safe level of trans fats in our diets. Leading health organizations—including the American Heart Association, the National Academy of Sciences, the Institute of Medicine, the World Health Organization and the US Department of Health and Human Services—recommend that people strictly limit or eliminate - consumption of trans fats.

Why AB 97 Is Needed

AB 97 asks restaurants to switch to oils, margarines, and shortenings that have less than .5 grams trans fat per serving. Trans fat can be replaced with readily available heart healthy oils without changing the taste of foods.

Many companies such as Kraft, Frito-Lay, Smuckers, and Tyson Foods already have trans fat free product lines on supermarket shelves. For example, Oreo cookies, Goldfish crackers and Fritos corn chips now have 0 Grams trans fat. All Wendy's restaurants now fry with trans fat-free oil.

Oil Availability

My staff conducted a limited unscientific survey of small ethnic restaurants in our district and found that 93 % of them have already gone trans fat free. An analysis by Stephen Joseph Esq. the author of frytest.com which conducted tests of the various trans fat free oils which are currently on the market for use in the food service industry, found that in some cases, small restaurateurs may be able to lower their overhead costs by making the switch because several trans fat free oils have longer fry lives than those oils currently

being used in ethnic restaurants. Furthermore, leading companies like US Food Group, Loders Croklaan, and the California Rice Oil Company have submitted letters stating, "There is no limit to the quantity of shortening available and the total USA market could be supplied immediately".

Support

- California Academy of Family Physicians
- California Alliance for Consumer Protection
- California Association of Environmental Health Administrators
- California Center for Public Health Advocacy
- California Chiropractic Association
- California Rice Oil Company
- Center for Science in the Public Interest
- County of Los Angeles
- US Food Group
- Western States Affiliate
- American Academy of Pediatrics
- American Heart Association
- California Conference of Local Health Officers
- American Federation of State, County and Municipal Employees
- National Hispanic Medical Association
- Natural Products Association West
- American Heart Association

Opposition

- California Restaurant Association

For More Information Call

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