

# SYSCO Corporation's Position on Trans Fat

*SYSCO stands in agreement with the Food and Drug Administration (FDA) that trans fats need to be decreased in the diet of Americans. To assist our customers in doing so, we provide the following information in the form of frequently asked questions.*

## Frequently Asked Questions:

### **Q. What is trans fat?**

**A.** Trans fat is a type of unsaturated fat. Most trans fat is formed when liquid oils are made into solid fats like shortening and hard margarine. A small amount of trans fat is found naturally, primarily in some animal-based foods. Trans fat is the result of adding hydrogen to vegetable oil, a process known as hydrogenation. This process gives products a longer shelf life and can enhance flavor.

### **Q. What are some of the major food sources of trans fat?**

**A.** Vegetable shortenings  
Cakes and cookies  
Breads and crackers  
Snack foods (containing partially hydrogenated oils)  
Some margarines  
Foods fried with partially hydrogenated oils

### **Q. What is so harmful about trans fat?**

**A.** Trans fat, like saturated fat and dietary cholesterol, raises the LDL ("bad" cholesterol) as well as lowers the HDL ("good" cholesterol) and in doing so, increases the risk for heart disease and stroke.

### **Q. How can I tell if a product has trans fat in it?**

**A.** Effective January 2006, the FDA mandated that retail packaging provide the total amount of trans fat in a serving. This amount must be listed on the nutrition facts label on a separate line under 'saturated fat'. Trans fat does not have to be listed if the total fat in a food is less than 0.5 gram per serving. If it is not listed, a footnote will be added stating that the food is "not a significant source of trans fat." Trans fat that amounts to less than 0.5 grams per serving can be listed as 0 grams trans fat on the food label.

### **Q. How is Sysco responding?**

**A.** Federal regulation mandates the nutrition labeling of any products containing trans fat in the retail industry. While compliance with this regulation is not currently required for the food service industry, SYSCO has taken the initiative to adhere to these regulations by requiring trans fat content be provided by the manufacturers of SYSCO brand products. Also, in partnership with our suppliers, we are making a focused effort to lower major sources of trans fat in food products.



### **Helpful resources:**

[http://www.fda.gov/FDAC/features/2003/503\\_fats.html](http://www.fda.gov/FDAC/features/2003/503_fats.html)  
<http://www.cfsan.fda.gov/~dms/transfat.html>



Most foods consumed in moderation can be a part of a balanced diet and healthy lifestyle. Nutrition information on many products carried by SYSCO can be found through SYSCO eNutrition.

Please contact your local SYSCO company for more information about eNutrition.

