



Trans Fat

Going...Going...



Trans fat: going, going.....

Trans fat appears to be the most harmful of all fats. It causes an estimated 30,000 or more premature heart-attack deaths each year in the United States.¹ That is at least as many deaths as are caused by skin cancer and leukemia combined. Trans fat is even more conducive to heart disease than saturated fat. It both raises LDL (“bad”) cholesterol and lowers HDL (“good”) cholesterol, while saturated fat raises both types of blood cholesterol. It may also cause heart disease in other ways, such as by impairing the functioning of the inner walls of blood vessels.²

Trans fat can be difficult for consumers to avoid, because 80 percent of the trans fat in the average diet comes from partially hydrogenated vegetable oils found in a multitude of processed foods, such as deep-fried restaurant foods (French fries, chicken, fish), margarine, cookies, crackers, and cakes. The remainder occurs naturally in meat and dairy products.

Currently, trans fat is rarely listed on the Nutrition Facts panel of food labels, though that will change when a new U.S. Food and Drug Administration (FDA) labeling regulation takes effect on January 1, 2006. Until then, to know if trans fats is in a food, people need to look for partially hydrogenated vegetable oil on ingredient lists. But label-reading won't help at the vast majority of fast-food and table-service restaurants that fry foods in partially hydrogenated oils. Many other restaurant items, from biscuits to apple pie, also may contain partially hydrogenated oils and trans fat.

¹ Ascherio A, Willett WC. Health effects of trans fatty acids. *Am J Clin Nutr.* 1997 Oct;66(4 Suppl):1006S-10S.

² De Roos NM, Bots ML, Katan MB. Replacement of dietary saturated fatty acids by trans fatty acids lowers serum HDL cholesterol and impairs endothelial function in healthy men and women. *Arteriosclerosis Thromb Vasc Biol.* 2001;21:1233-7

Because Americans get most of their trans fat from processed and fast foods, the food industry could play a major role in decreasing consumers' trans-fat intake by voluntarily reducing or eliminating partially hydrogenated oils in their products. The FDA's impending labeling regulation has spurred numerous food manufacturers, some supermarkets, and a few restaurant chains to reduce levels of or eliminate partially hydrogenated oils and trans fat from their products. This report describes what some of those companies are doing.

Partially hydrogenated oils, which typically are solid or semi-solid at room temperature, increase the shelf life of processed foods and mimic the physical and cooking properties of such saturated fats as butter, lard, palm oil and coconut oil. Fortunately, however, more healthful alternatives to those fats and oils can often perform the same functions.

Liquid oils, such as soybean, canola, sunflower, and safflower oil, that are virtually free of trans fats can be used in virtually all fried foods, as well as in soft margarine (possibly along with palm oil or other more-solid fat) and some baked goods. Judging from the marketplace, even cookies and crackers can be made with high-oleic canola, safflower, or sunflower oil, though certain foods, such as chocolate coatings, may need more-solid fats.

Palm oil deserves special mention. That oil is widely used around the world in food processing, because it is cheap, stable, and can replace partially hydrogenated vegetable oils, as well as butter and lard. It may be used on its own or in combination with other fats and oils. Nabisco's Golden Oreos are made with a blend of palm oil and high-oleic canola oil. Otis Spunkmeyer, a food-service vendor, has switched to palm oil as the main oil in its cookies, pastries, brownies and cakes, as has Flower's Foods for its various Mrs. Freshley's cookies, cakes, and donuts.

While palm oil is less harmful than the average partially hydrogenated vegetable oil, it is a saturated fat and more conducive to heart disease than canola, soy, olive, and other polyunsaturated and monounsaturated oils. Most palm oil is produced in Indonesia and Malaysia on plantations that have replaced wildlife-rich rainforest habitat and pollute the soil and water with pesticides. As a result, orangutans, Sumatran tigers, the Sumatran rhinoceros, and other species are now at the brink of extinction. As food manufacturers attempt to replace partially hydrogenated oils, they should seek to use the most healthful

and environmentally responsible alternatives and to avoid palm oil or use it only sparingly. Recently, environmentalists have encouraged the “sustainable” production of palm oil that has less impact on the environment.

Consumers should be aware that some products that claim to have “0 trans fat,” such as Kellogg’s All Bran Bars, Nutri-Grain Muffin Bars, and Jolly Time Healthy Pop Kettle Corn, still contain partially hydrogenated oils and a small amount of trans fat. (Also, a product may proclaim “0 trans fat,” but still contain a substantial amount of saturated fat.) That’s because the FDA defines “zero” as less than 0.5 grams of trans fat per serving. Thus, a serving could have as much as 0.49 grams of trans fat, which is a significant amount. Dr. Carlos Camargo, an associate professor of Medicine at Harvard Medical School and a member of the 2005 Dietary Guidelines Advisory Committee, explains:

Since the recommended amount of trans fat intake is “as low as possible” (less than 1 percent of total calories or less than about 2 grams per day), the ‘fake-zero’ foods could create problems. If you eat five servings of products that each contain 0.4 grams of trans fat, you would exceed the daily intake limit – and that’s not counting the much larger amounts of trans fat in many popular foods and the smaller amounts that occur naturally in meat and dairy products.

That said, some products, such as Frito-Lay’s Doritos, that are labeled as having “0 grams trans fat” contain partially hydrogenated oil, but the amount of trans fat is negligible. Ideally, the FDA would adopt Canada’s more protective definition of zero: less than 0.2 grams per serving.

To largely eliminate the trans-fat problem, in 2004 Center for Science in the Public Interest (CSPI) petitioned the FDA to (a) require restaurants immediately to disclose when they use partially hydrogenated oil and (2) change the regulatory status of partially hydrogenated oil from “Generally Recognized As Safe” (GRAS) to a food additive. Considering that health experts recommend that people consume as little trans fat as possible, it would be difficult for companies to persuade the FDA that partially hydrogenated oil presents a “reasonable certainty of no harm,” the legal standard for approving a food additive. The FDA has not responded to CSPI’s two petitions.

To understand companies’ plans with regard to partially hydrogenated oils, CSPI contacted by telephone, letter, and e-mail 26 major food manufacturers, 92 fast-food and table-service restaurant chains, and 24 supermarket chains (see Table 1). While the

response rate was less than desired, it is clear that the labeling requirement is spurring companies to stop using partially hydrogenated oils. (We suspect that the non-responders are less likely to be reformulating their products.) Many companies claim to have begun the process and are planning on going trans-fat-free by the end of 2005 so as to avoid listing any trans fat on the Nutrition Facts Panels. The predicted consumer demand for trans-fat transparency has even spurred major fast food chains, such as McDonald's, Burger King, and Wendy's to at least list on their website the trans fat content of their foods, as they study alternative oils. Still, many food companies, supermarkets, and restaurants have yet to take action towards removing or reducing trans fat from their products. (See Appendixes for full details.)

Table 1. CSPI survey on usage of partially hydrogenated oils [number (%)]

	Contacted	Responded	I. Changes made/in process	II. Testing or plan to change	I and II
Manufacturers¹	26	14 (54%)	10 (71%)	3 (23%)	13 (93%)
Restaurants²	92	30 (33%)	9 (30%)	14 (48%)	23 (77%)
Supermarkets³	24	11 (46%)	6 (55%)	3 (30%)	9 (82%)

¹**Manufacturers:** CSPI contacted 26 of the biggest 50 (we excluded 24 that don't sell products with trans fat). We also contacted 11 other smaller companies, information from which is included in the appendix.

²**Restaurants:** CSPI contacted 92 of the biggest 100 restaurant chains (we excluded five convenience stores and three restaurants, In-N-Out, Panda Express, PF Chang's, that never used partially hydrogenated oil). We counted Yum! as 5 separate companies (Taco Bell, KFC, Pizza Hut, Long John Silver's, and A&W). We contacted five smaller chains, information from which is included in the appendix.

³**Supermarkets:** CSPI contacted 24 out of the top 25 supermarkets (we excluded Whole Foods, which does not sell products with partially hydrogenated oil).

Food Manufacturers

Because of the impending labeling requirement, food manufacturers have had the strongest incentive to cut trans-fat levels. Ten of the 14 respondents (71%) have either reformulated some or all of their products to eliminate trans fats or are in the process of doing so. All told, thirteen of the 14 respondents (93%) have made changes, are in the process of doing so, or are testing and planning to change. (Hormel said it makes few products with trans and had no plans to make changes.) Some of the changes include:

- Kraft has eliminated most or all trans fat from Triscuits, Wheat Thins, Chips Ahoy, Mallomars, Reduced Fat Oreos, Boca products, Honey Maid low-fat cinnamon grahams, SnackWell's Cracked Pepper crackers, and certain other

products. In addition, Kraft's new line of Golden Oreos and line of Back to Nature products were produced without trans fat.

- George Weston Bakeries plans to eliminate trans fat in all Entenmann's and Freihofer cake and danish products.
- Gorton's has replaced partially hydrogenated oils with liquid cottonseed, soybean, canola, or rice bran oils in its entire line of fish sticks and fillets.
- McCain has switched to high-oleic canola oil for all of its grocery and retail frozen potatoes and one line of its food service French fries.
- Pepperidge Farm (a division of Campbell) has eliminated trans fat in its Goldfish crackers and has produced new varieties of cookies that are made without trans fats.
- Frito-Lay has virtually eliminated trans fat from its snack foods.
- Of the ten top-selling cracker brands of 2004, seven claim zero grams trans fat.

Table 2: Partially hydrogenated oil in the ten top-selling crackers of 2004*

Cracker Brand	Reformulated to 0 grams trans fat	Not reformulated, contains trans fat
Nabisco Ritz	X	
Sunshine Cheeze-it		X
Nabisco Wheat Thins	X	
Pepperidge Farm Goldfish	X	
Nabisco Premium Saltines	X	
Nabisco Triscuit	X	
Nabisco Grahams		X
Keebler Club	X	
Ritz Bits		X
Cheese Nips	X	

*Source of Top Selling Crackers: American Institute of Baking, <http://www.aibonline.org/resources/statistics/>

Restaurants

Only 9 out of the 30 (30%) large restaurant companies that responded to CSPI's survey have reformulated any of their products or are in the process of doing so. However, an additional 14 are testing alternatives and plan to change.

- Panera Bread is replacing all partially hydrogenated oils and plans to be trans fat-free by the end of 2005.

- McDonald's has reduced modestly the amount of trans fat in Chicken McNuggets, Crispy Chicken, and McChicken sandwiches and is testing healthier oil in a small number of stores. (Outlets in Australia, Denmark, and Israel have switched to trans-free frying oils.) Though McDonald's said in November 2002 that it would be switching to trans-free oils, as of October 2005, no change has been made. In October 2005, McDonald's announced that it will start printing nutrition information (including trans fat) on the packaging of most of its non-beverage products.
- Yum! Brands, which owns KFC, Taco Bell, Pizza Hut, Long John Silver's, and A&W, is testing various oil options.
- Most of Ruth's Chris Steakhouse's company-owned stores are using expeller-pressed soybean oil.

In addition, two smaller chains (not among the 100 largest) have improved their oils.

- Jason's Deli, with 137 restaurants across the U.S., has eliminated trans fat from all of its products, including cookies.
- Au Bon Pain has eliminated trans fat from all of its cookies, bagels, and muffins and is now using a non-hydrogenated margarine.

Judging from the few restaurant websites that disclose information on trans fat, certain fast-food meals contain shockingly large amounts of trans fat. For example, KFC's Chicken Pot Pie contains 14 g of trans fat, and Taco Bell's Nachos Bel Grande contains 7 grams. At Burger King, a Kid's Meal with Chicken Tenders (4 pieces) and small French fries contains 5 grams of trans fat (plus an additional 5 grams of saturated fat). A 5-piece Chicken Selects at McDonalds contains 4.5 grams of trans fat, and a medium order of French fries will add another 4 grams. As a benchmark, consider that the Dietary Guidelines Advisory Committee recommended limiting trans fat to about 2 grams, including the naturally occurring trans fat in meat and dairy foods, for the entire day.

Supermarkets

Supermarkets, which offer a range of house-brand foods, are following right behind the food manufacturers. Six of the 11 respondents (55%) have made changes or are in the process of doing so. Three other chains are testing alternatives and plan to change, giving a total of 82% of respondents taking some action on trans fat.

- Wegman's (mostly in upstate New York and Pennsylvania) has made four rounds of changes starting with its breads in 1992. It now uses Whole Harvest non-hydrogenated oil in its deep fryers.
- Raley's (a California company) asked its suppliers to reformulate all private label products and switched its French fries to McCain's trans-free versions.
- Giant (in the mid-Atlantic region), a division of Ahold (a Dutch company), asked all of its suppliers to find alternatives to partially hydrogenated oil; it now uses McCain to produce its frozen French fries.

One natural-foods grocery chain, Whole Foods, does not carry any products made with partially hydrogenated vegetable oil. In contrast, Wild Oats, another natural foods chain, does carry some products made with that trans fat-containing oil, despite previous statements that it would not carry such products.

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Overall, the FDA's new labeling regulations are having a much greater impact than the agency originally predicted (primarily limited to margarines) in spurring companies to reformulate their products. However, many companies are moving slowly or not at all. To accelerate the elimination of trans fat from partially hydrogenated oil, in May 2004 the Center for Science in the Public Interest petitioned the FDA to revoke the "generally recognized as safe" status of partially hydrogenated oils. That would cause those oils to be classified as food additives and force companies to justify their continued use. Because it could take the FDA several years to act on that petition, two months later CSPI petitioned the FDA immediately to require restaurants to disclose their use of partially hydrogenated oils. As of October 2005, the FDA had not acted on either petition.

Appendix A – Food Manufacturing Companies’ Plans for Trans Fat*

Food Manufacturer	Plan for trans fat	Current or Previous Oil**	New Oil
Birds Eye (frozen foods)	Plans to reduce.	PH	
ConAgra (Peter Pan peanut butter, Kid Cuisine, Healthy Choice, Marie Callender’s)	Trans fat has been or soon will be largely or entirely removed from almost all its products, including Blue Bonnet, Parkay, and Fleischmann’s tub margarine, ACT II popcorn, Orville popcorn, Chef Boyardee. ConAgra is keeping the amount of saturated fat in the reformulated foods to no more than the total of saturated plus trans fats in the original products. Most products will be trans fat free by January, 2006.	Margarines were PH soybean oil.	Margarines are now a blend of soybean oil and PH soybean oil.
Dreyer’s (frozen dairy desserts)	Looking at alternatives; tentative deadline of 1/1/06.		
Flower’s Foods (Mrs. Freshley’s brand cookies, cakes, donuts)	All Mrs. Freshley’s products became trans fat-free in June, 2005.	PH soybean	Palm
General Mills	Working to replace PHO in the 10% of foods that contain it; already taken it out of some cereals.	PH soybean	Canola and/or Rice bran oil
George Weston Bakeries Inc. (Arnold, Entenmann’s, Thomas)	Goal is to remove trans fat from baked goods by 1/1/06. Several product lines have been trans fat-free for years. Reformulated breads, sweet baked goods in process. Hardest to remove trans from icings, fillings, frying oils for donuts. Trans fat-free products: Thomas’ English Muffins, Arnold, Brownberry breads, Stroehmann Breads, and Freihofer Breads. Trans fat-free by 1/1/06: Entenmann’s and Freihofer cake and danish products. In progress: Entenmann’s doughnuts.	PH soybean	Palm oil for many Entenmann’s products.
Gorton’s	Gorton’s entire lines of fish sticks and fillets have 0 grams trans fat.		cottonseed, soybean, canola, and/or rice bran oils
Hain	All products are trans fat-free; line of margarine that contained trans fat was discontinued.		
Heinz	Working on reducing or removing trans fat from Ore-Ida French fries and other products.		
Hormel	No current plan for trans fat, but few products contain it. Chi-Chi’s taco shells contain trans fat.		
JR Simplot (French fries)	Working on removing trans fat, focused on 1/1/06. Infinity fries have 0 g trans fat.	PH soybean	Infinity: canola
Kellogg	Seeking an alternative for Keebler cookies and Morningstar Farms products. Keebler Club crackers were reformulated to contain zero trans. Pop Tarts were reformulated in October 2005 to contain no trans fat.	Pop Tarts were made with PH soybean oil	Pop Tarts now contain a mixture of canola, soybean, and palm oils.

* Based on CSPI surveys and news accounts. PHO = partially hydrogenated oil.

** CSPI presumes partially hydrogenated if not stated otherwise.

Food Manufacturer	Plan for trans fat	Current or Previous Oil	New Oil
Kraft	Seeking to reduce/eliminate trans fat, while keeping the sum of trans and saturated fat no higher than in the original formulation. Zero-gram-trans products: Reduced Fat Oreos, Triscuit crackers (except Cheddar cheese), Boca products, Honey Maid low-fat cinnamon grahams, fat-free Premium Saltines, SnackWell's Cracked Pepper crackers, Fig Newtons cookies, SnackWell's fat-free Devil's Food cookie cakes, Nabisco Mallomars, all 100-calorie packs, Chips Ahoy. Kraft's new Golden Oreos and Back to Nature line of products do not contain trans fat.	The cookies that were reformulated used a PH soybean oil.	Now the reformulated cookies (Chips Ahoy, Newtons) are made with a blend of soybean oil and PH soybean oil. Golden Oreos are made using a blend of high-oleic canola oil and soybean oil.
Lance (crackers, chips, peanuts, cakes)	Crackers, chips, peanuts, popcorn all trans fat-free; all products will be trans fat-free by 1/1/06.	PH soybean, PH cottonseed, PH sunflower, PH canola (for crackers and chips)	canola, corn, soybean, palm (for crackers and chips)
McCain (French fries)	All grocery/retail French fries and foodservice "Ovations" line have 0 g trans fat.	PH soybean, PH canola	high-oleic canola oil
McKee's	Little Debbie Honeybuns and Marshmallow Treats are trans fat-free. Working on more possibly by 1/1/06.	PH soybean, cottonseed	coconut, canola
Michelina's (frozen meals, frozen pizza)	Many products have always been trans fat-free; working on new fry oils and shortening; no specific replacement plans.		
Nestle	All candy is trans fat-free. Nestle Crunch bar was reformulated to be trans fat-free. Lean Cuisine meals do not contain trans fat.	Nestle Crunch used PH soybean oil	Nestle Crunch: nothing
Otis Spunkmeyer (cookies, pastries, muffins, cakes)	All products will be trans fat-free by 1/1/06.	PH soybean, margarine	Palm for everything except muffins which use soybean oil.
Pepperidge Farm	Goldfish crackers were made trans fat-free. New cookies have been made trans-free. Existing cookies still contain trans fat.	PH soybean for both crackers and cookies.	Blend of canola, sunflower and/or soybean oil. New versions of cookies contain a blend of canola, soybean, and palm oil.
PepsiCo (Quaker Oats, Frito Lay)	All chip products are 0 g Trans fat. Quaker "100% Natural" cereal was reformulated to have zero trans fats.	PH soybean for snack chips; PH cottonseed for "100% Natural."	Corn and cottonseed for chip products, 100% Natural cereals now contain coconut oil.

Food Manufacturer	Plan for trans fat	Current or Previous Oil	New Oil
Perdue	Perdue products are low enough in trans fats to be labeled as zero.		
Pilgrim's Pride (chicken nuggets, wings)	In progress: got new oil tanks and working with oil processors to choose new oils; a few retail customers have already switched; plan to go trans fat-free in fall 2005.	PH soybean	
Sara Lee	Testing new oils. Sara Lee pies and cakes contain trans fat.		

Appendix B – Restaurants’ Plans for Trans Fat*

Restaurant	Plan for Trans Fat	Current or Previous Oil**	New Oil
Arby's	Working on reducing by 1/1/06.	PH soybean oil	Depends on supplier and product, blends
Au Bon Pain	Cookies, bagels, and muffins are now trans fat-free.	PH soybean oil	Non-hydrogenated margarine, shortening (palm fruit, soybean, canola and olive oils), butter
Bojangles (fried chicken, fries, biscuits)	Working to switch to low-trans-fat or trans fat-free solid shortening for biscuits. Fried foods cooked in beef tallow.		
California Pizza Kitchen	Eliminated trans fat in deep fryer; will eliminate trans fat in all products by end of year.		
Catalina Restaurant Group (Coco's Bakery, Carrows)	Starting to look at new formulations, no plan.		
Cheesecake Factory (desserts)	May switch to butter from margarine in crumb crust of desserts; still testing.	Margarine in crumb crusts	
Chick-fil-A	Chicken and French fries are fried in peanut oil. Fries are par-fried in PHO; working on changing that.		
Chipotle	Reformulating the tortillas soon.	PH soybean oil	soybean oil
Dairy Queen	Researching, no set time frame.	PH soybean oil, PH soybean and vegetable oil blend	
Denny's	Testing a 3.5%-trans-fat soy/cottonseed blend. Seeking alternatives for par-fried fries.	PH soybean oil	
Eat'n Park (Ohio, Pa., W.Va.)	Replaced cooking oil for French fries, chicken, and other fried foods.	PH oil	
El Pollo Loco	Exploring reformulation. Chicken is grilled not fried.		
Fazoli's	Replaced potato chips, reformulated other items.	PH vegetable oil	Switched to Frito-Lay chips; soybean oil used for frying; chocolate chip cookies use butter; breadsticks and panini use soybean oil;

* Based on CSPI surveys and news accounts.

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Restaurant	Plan for Trans Fat	Current or Previous Oil	New Oil
Friendly's	No plans to change anything.	PH soybean oil	
Hardee's	Looking into it, no set time frame.	PH soybean oil	
Harvard University Dining Services	Trans fat has been removed from muffins, pancakes, potato puffs, and other foods	PHO	
IHOP (International House of Pancakes)	Testing a blend.	PH soybean oil	
In-N-Out Burger	Foods are fried in cottonseed oil; fries are not par-fried because they are peeled and cut in the store; buns have some PH oil.	PHO in buns	
Jason's Deli	All menu items are free of PH oil.	margarine, PH vegetable oil	whipped topping uses real whipping cream; margarine uses palm and soybean oils; puff pastry uses butter; chips are made with palm oil
McDonald's	Testing healthier oil for French fries at a small number of restaurants; reduced amount of trans fat in Chicken McNuggets, Crispy Chicken and McChicken sandwiches; working on reducing more.	Frying oil may contain: PH soybean oil, PH corn oil, PH canola oil, cottonseed oil, sunflower oil, corn oil	
O'Charley's	Testing trans fat-free "Nexta" shortening, a mixture of beef tallow and corn oil, for fries.		
Panda Express	Products do not contain trans fat.	Soybean oil	
Panera Bread Co.	Many breads and bagels have long been trans fat-free. Currently replacing PHO and expects to be free of trans fat by the end of 2005.	Some bagels and breads use PH cottonseed, PH palm kernel oil, PH soybean oil; pastries use margarine, PH cottonseed, PH soybean oils.	
Papa John's	Eliminated trans fat over past several years. All products contain 0 g trans fat, except thin crust pizza has some PH.		
PF Chang's	Always has been trans-fat-free.	canola oil	
Popeye's	No plan to change.	Vegetable/animal blend	
Quiznos	Eliminating the trans fat from the few foods that had it.		

Restaurant	Plan for Trans Fat	Current or Previous Oil	New Oil
Ruth's Chris Steakhouse	Using Whole Harvest (non-hydrogenated) soybean oil in most company-owned restaurants.		
Sonic	Exploring alternatives to par-fried fries; no time frame.	PH soybean oil	
Starbucks	No plan to change.	Some products use margarine, PH soybean oil, PH cottonseed oil	
Steak and Shake	Testing canola oil in 67 stores in Indiana.	PH soybean oil	Canola oil
Taco John's	Testing zero-trans shortening in some Wyoming stores.	PH soybean oil	
Texas Roadhouse	No plan to change.	PH soybean oil	
Wendy's (Baja Fresh, Tim Horton's)	Wendy's has removed PHO from margarine and salad dressings. Testing trans-free alternatives at all three restaurant chains.		
Ruby Tuesday	In 2003, switched to non-hydrogenated oil in deep fryer. Requested that vendors identify all products containing trans fat. In process of reformulating all current products that contain trans fat.	PH soybean oil	Canola oil (fries are still par-fried in PHO)
Yum Brands (Taco Bell, KFC, Pizza Hut, A&W, Long John Silver)	Testing various oil options, still in exploration stages.	PH soybean oil	

Appendix C – Supermarkets’ plans for trans fat*

Supermarket	Plan for Trans Fat	Current or Previous Oil**	New Oil
A&P	Not requesting any trans-fat-free products from suppliers		
Ahold (Giant, Stop N Shop)	Asked all its suppliers a year ago to find alternatives to PHO; uses McCain (0 g trans fat) for frozen French fries; cookies and crackers are proving more challenging; reformulating its granola.		
Albertson’s	Working with manufacturers to remove or substantially reduce trans fat in private label products.		
Costco	No plan.		
Giant Eagle	Working with suppliers to reduce/eliminate trans fat in house-brand products; some products will be changed by 1/1/06; working on crackers and margarines; plan to educate consumers on how to identify trans fat.		
Hy-Vee	Has made some changes.		
Meijer	Requested that manufacturers reformulate to remove trans fat from private-label products; trying to match brand-name products.		
Publix	Required all suppliers of Publix private-label products to reformulate to eliminate trans fat; still in process.		
Raley's	Looking into having suppliers reformulate all private-label products or find new suppliers; just switched to McCain French fries.	Private label fries: PH soybean oil	McCain fries (high-oleic canola oil)
Safeway	In process of removing trans fat from house-brand products. Several changes already completed.		
Wegman's	Made four rounds of changes starting in 1992 with breads. Then made changes to its Better for You line. Uses Whole Harvest non-hydrogenated oil for its deep fryers in all stores. In January 2005 it started marketing French fries without hydrogenated oils.	PH soybean oil	Whole Harvest non-hydrogenated soybean oil
Whole Foods	Does not carry any foods with partially hydrogenated vegetable oil (instead, products are made with liquid oils, palm oil, coconut oil, or butter).		

* Based on CSPI surveys and news accounts.

** CSPI presumes partially hydrogenated if not stated otherwise.**

Appendix D – Others’ plans for trans fat*

Company	Plan for Trans Fat	Current or Previous Oil**	New Oil
FreshDirect	Removed all hydrogenated oils from items (prepared foods, pastry, catering items) made in its central kitchen.	PHO	Trans-free soy oil, palm oil in pie dough, butter in frostings and rice crispy treats
Harvard University Dining Services	Virtually all the foods in dining halls are trans-free, except for some packaged snack foods. Replaced oil in deep-fat fryers seven years ago; switched to non-hydrogenated fries two years ago.	PHO	Liquid frying oil
Sodexo (food provider and facilities management services)	Converting to trans-free products by January 2006.	PHO in shortenings, oils, margarines, spreads, pan and grill oils, etc.	

* Based on CSPI surveys and news accounts.

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