



# The Boston Public Health Commission's Trans Fat Regulation

## 1. What is the trans fat regulation and who must comply?

The Boston Public Health Commission passed a regulation in March 2008 restricting foods containing artificial trans fat in all food service establishments that are required to hold a permit from Boston's Inspectional Services Department (ISD). These include restaurants, grocery stores, delis, cafeterias in schools and businesses, bakeries, caterers, mobile food vendors, and other establishments.

Under the regulation, food service establishments cannot store, prepare, distribute, hold for service, or serve any food or beverage containing artificial trans fat in the city of Boston. However, the regulation has the following exemptions:

- A food or beverage that is in a manufacturer's original sealed package and is required by federal or state law to have nutrition labeling.
- A food or beverage with documented trans fat content of less than 0.5 grams per serving.

## 2. What is artificial trans fat?

Artificial trans fat, or trans fatty acid, is created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. Another name for trans fats is "partially hydrogenated vegetable oil." Foods that may contain artificial trans fat include margarines, shortenings, and fry oils, as well as many baked goods, mixes, and packaged foods.

## 3. Why is trans fat being restricted?

Trans fat is a type of fat that has several negative health risks. It raises bad (LDL) cholesterol and lowers good (HDL) cholesterol. Eating trans fat increases your risk of developing heart disease and stroke. It is also associated with a higher risk of developing type 2 diabetes. Trans fat has no known health benefits and there is no safe level of artificial trans fat consumption.

## 4. When will the regulation go into effect?

Effective September 13, 2008, food service establishments may no longer use oils, shortening, or margarines containing partially hydrogenated vegetable oil for frying, sautéing, grilling, or used as a spread.

Effective March 12, 2009, food service establishments may no longer use oils, shortening, or margarines containing partially hydrogenated vegetable oil in the preparation of baked goods, deep fried dough, and cake batter. All other foods containing artificial trans fat must also be eliminated.

## 5. How will food service establishments be inspected for compliance with the regulation?

ISD inspectors will monitor establishments for compliance during all routine inspections. ISD inspectors will conduct an initial inspection of food pantries, kitchens, and refrigerators/freezers to make sure that oils, spreads, shortenings, or other ingredients do not contain more than 0.5 grams of trans fat per serving. Food service establishments must maintain on premises original labels or other suitable documentation of all food products listing the ingredients and nutrient content of those food products.

If an ISD inspector notes that an establishment is using restricted artificial trans fat or does not have labels on certain food products, a follow-up inspection will be conducted by the Boston Public Health Commission, which may cite the establishment for a violation of the regulation.

## 6. What happens if a violation is found?

Establishments found to be in violation of the regulation will receive a citation and fine ranging from \$100 for the first offense to \$1000 for three or more violations within a 24 month period.

## 7. How can I get a copy of the regulation?

A copy of the regulation may be downloaded from the Boston Public Health Commission's website at [www.bphc.org/transfat](http://www.bphc.org/transfat).

## 8. How can I get more information about trans fat and what I can do to eliminate them in my establishment?

You may contact the Boston Public Health Commission's Boston Steps Program for additional information and assistance.

Phone: 617-534-5557 / Fax: 617-534-5968

Email: [bostonsteps@bphc.org](mailto:bostonsteps@bphc.org)

website: [www.bphc.org/transfat](http://www.bphc.org/transfat)

## IMPORTANT:

Translated information available at [www.bphc.org/transfat](http://www.bphc.org/transfat)

Traducciones de ésta información disponible en [www.bphc.org/transfat](http://www.bphc.org/transfat).

Informações traduzidas disponíveis em [www.bphc.org/transfat](http://www.bphc.org/transfat) 上提供有中文翻譯

W ap jwenn enfòmasyon ki tradui nan sit wèb [www.bphc.org/transfat](http://www.bphc.org/transfat)

На вебсайте [www.bphc.org/transfat](http://www.bphc.org/transfat) имеется информация, переведенная на другие языки

Thông tin đã dịch có sẵn tại [www.bphc.org/transfat](http://www.bphc.org/transfat)

Boston Public Health Commission  
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