

elimine

GRÈS (TRANS FAT) ATIFISYÈL

nan Sèvis kote yo Bay Manje nan Cambridge

phasing out

ARTIFICIAL TRANS FAT

in Cambridge Food Service Establishments

Kòman pou w konfòme:

Kisa Restoran yo, Moun ki prepare manje pou okazyon,

Moun k ap Mache Vann Manje yo, ak Lòt Moun Dwe Konnen

How to Comply:

What Restaurants, Caterers,

Mobile Food Vendors, and Others Need to Know

REZIME Regleman

SUMMARY OF REGULATION

Nan lane 2009, Vil Cambridge la pap pèmèt itilizasyon engredyan ki genyen grès trans (trans fat) atifisyèl yo nan manje yap sèvi bay kliyan yo. Lòd sa a ap egzèse an 2 tan kòmanse premye Jiyè 2009 ak premye oktòb 2009 avèk esepsyon pou klas matènèl (kindergarden) pou rive nan douzyèm klass, lwa sa a pap aplike pou manje y ap vann bay kliyan ki vlope nan pake orijinal konpayi ki fè yo a.

In 2009, the City of Cambridge will no longer allow the use of ingredients containing artificial trans fats in foods served to customers. The regulation will take effect in two phases, beginning July 1, 2009 and October 1, 2009. With the exception of K-12 schools, the regulation does not apply to foods sold to customers in the manufacturer's original sealed package.

Kòmanse premye jiyè 2009

Lwil, grès (shortenings), ak magarin (margarines) yo itilize pou fri, sote, griye, oubyen pou bere pa ka genyen idwojèn ladan (grès trans atifisyèl), sof si etikèt ki sou pwodwi a oswa enfòmasyon konpayi ki fè pwodwi a fè konnen li gen mwens pase 0.5 gram grès trans (trans fat) pa pòsyon (ki kantite manje yon moun ta dwe manje).

Beginning July 1, 2009

Oils, shortenings, and margarines used for deep-frying, pan-frying, grilling, or as a spread cannot contain partially hydrogenated fat (artificial trans fat), unless the product label or manufacturer information indicates less than 0.5 grams of trans fat per serving.

Jiska premye Oktòb 2009, kote k ap sèvi manje yo kapab kontinye sèvi ak pwodwi ki gen grès trans (trans fat) atifisyèl la kòm yon engredyan nan pat pou fè gato (cake butter) pou fri ak pat ki gen leven (yeast dough). Until October 1, 2009, establishments may continue to use products containing artificial trans fat as a recipe ingredient and for deep-frying cake batter and yeast dough.

Kòmanse premye Oktòb 2009

Tout manje k sèvi oswa k nan magazen ap dwe genyen mwens pase 0.5 gram grès trans (trans fat) atifisyèl pa pòsyon (ki kantite manje yon moun ta dwe manje) sof pou manje yo vann tou vlope nan pake original ki soti nan konpayi ki fè yo a avèk yon etikèt ki bay Enfòmasyon sou tout Eleman Nitrisyon yo sou li.

Beginning October 1, 2009

All foods served or stored will be required to contain less than 0.5 grams of artificial trans fat per serving, except foods that are sold in the manufacturer's original sealed package with a Nutrition Facts label.

ELEMAN ENPÒTAN KONSÈNAN GRÈS TRANS (TRANS FAT)

BASIC FACTS ON TRANS FAT

1. Kisa grès trans (trans fat) ye?

Grès trans (trans fat) se yon kalite grès ki ogmante ris pou moun fè maldi kè. Menm lè kèk grès trans (trans fat) arive fòmè natirèlman, majorite a atifisyèl. Lwa a konsène sèlman grès trans (trans fat) atifisyèl la, ki soti prensipalman nan manje moun manje. Kontrèman a lòt kalite grès ki nan manje moun manje, grès trans (trans fat) atifisyèl pa ni rekòmande ni gen okenn avantaj pou lasante.

1. What is trans fat?

Trans fat is a type of fat that raises the risk of heart disease. While some trans fat occurs naturally, most is artificial. The regulation addresses only artificial trans fat, which is the main dietary source of trans fat. Unlike other dietary fat, artificial trans fat is neither required nor beneficial for health.

2. Kisa grès trans (trans fat) atifisyèl ye?

Yo fè grès trans (trans fat) atifisyèl nan pwosesis endistriyèl kote yo ajoute idwojèn nan lwil vejetal likid, yo rele pwosesis sa a idwojenasyon. Yo jwenn li nan lwil vejetal ki gen idwojèn ladan l anpati. Manje ki genyen grès trans (trans fat) atifisyèl ladan yo se magarin (margarines), grès yo sèvi nan preparasyon manje (shortenings), ak lwil pou fri, epi tou baked goods (manje anfounen), manje kideja anpoud melanje, ak manje ki nan bwat.

2. What is artificial trans fat?

Artificial trans fat is created in an industrial process that adds hydrogen to liquid vegetable oils, called hydrogenation. It is found in partially hydrogenated vegetable oil. Foods that contain artificial trans fat include margarines, shortenings, and fry oils, as well as many baked good, mixes, and packaged foods.

3. Pou kisa grès trans (trans fat) la pa bon konsa a?

Grès trans (trans fat) se kalite grès nan manje ki pi danjere. Li ogmante vye kolestewòl la (LDL) epi li diminye bon kolestewòl la (HDL), sa lakoz youn moun gen pi gwo ris pou fè maladi kè.

Grès trans (trans fat) pa gen okenn benefis pou lasante, epi pa gen nivo ki twò ba ki pa ka fè w mal lè w manje grès trans (trans fat).

3. Why is trans fat so bad?

Trans fat is the most dangerous type of dietary fat. It increases bad (LDL) cholesterol and lowers good (HDL) cholesterol, which puts people at a greater risk for heart disease.

Trans fat has no known health benefits, and there is no harmless level of artificial trans fat consumption.

SOUMÈT DEVAN LWA A (REGILASYON AN) **COMPLYING WITH THE REGULATION**

4. Kòman m ka konnen si Regleman sou grès trans (trans fat) la konsène etablisman m nan?

Regleman a konsène tout etablisman ki sèvi manje ki dwe gen lisans ki soti nan depatman Sèvis Enspeksyon ak / oubyen Lisans Commission Cambridge. Yon etablisman ki sèvi manje se nenpòt kote ki gen manje nan depo, ki prepare manje, ki met manje nan bwat, ki sèvi manje, ki vann manje, oubyen otreman ki bay manje ak bwason pou moun konsome nan Vil Cambridge la epi ki gen lisans, e ki gen pou pase enspeksyon nan men enspektè sanitè ki nan Depatman Sèvis Pou Enspeksyon nan vil la.

Etablisman kote ki sèvi manje se restoran; kote yo vann manje tou prepare (deli) ; kote yo vann krèm; kote yo vann kafe; kote yo vann gato ak bonbon; nan plas ki kapab pou yon tan oswa pèmanan kote moun ka achte manje nan sinema, teyate; otèl, makèt, magazen pwovizyon alimantè; nan estasyon gaz; ti magazen ki vann andetay; kafeterya nan lekòl yo; inivèsite; ak biznis; kote ki prepare manje pou okazyon espresyal; pwogram ki bay manje nan sant pou granmoun yo; mezon de repo (nursing homes); gadri yo; soup popilè; lekòl piblik ak prive komanse de pi (jaden danfan jiska douzyèm klass nan Vil Cambridge la; ak lopital yo.

4. How do I know if the trans fat regulation applies to my establishment?

The regulation applies to all food service establishments that are required to hold a license from the Inspectional Services Department and/or the Cambridge License Commission. A food service establishment is any entity that stores, prepares, packages, serves, sells, or otherwise provides food or beverage for consumption in the City of Cambridge *and* is licensed and subject to inspection by sanitary inspectors from the city's Inspectional Services Department.

Food serve establishments include restaurants; delis; ice cream shops; coffee shops; bakeries; mobile food vendors; permanent or temporary concession stands; hotels; supermarkets, grocery stores, convenience stores, and other retail stores; cafeterias in schools, universities, and businesses; catering operations;

senior center meal programs; nursing homes; daycare centers; soup kitchens;
public and private schools (K-12) in the City of Cambridge; and hospitals.

5. Etablisman m nan pa rekòmande pou gen lisans ki soti nan departman Sèvis Enspeksyon ak / oubyen Lisans Comission Cambridge. Èske m toujou bezwen obsève regleman grès trans (trans fat) vil la?

Si Etablisman w nan pa rekòmande pou gen lisans ki soti nan departman Sèvis Enspeksyon Vil Cambridge la, lwa (regilasyon an) a pa konsène w epi legalman ou pa depann de li.

Menm ke sa, sèvi ak lwil ki pi bon pou lasante kapab yon pi bon biznis!

Pa egzanp, si w ap bay etablisman Cambridge ki anba regleman a yo manje, etablisman sa yo pa p kab itilize, oswa vann pwodwi ki gen lwil vejetal ki gen idwojèn anpati ladan yo a, lwil yo sèvi nan preparasyon manje (shortenings), oswa magarin (margarines) ki genyen 0.5 gram grès trans (trans fat) oswa pi plis pou chak pòsyon. Sof si w bay pwodwi ki kenbe kliyan Cambridge ou yo an règ al regleman a, sinon ou kapab pèdi fè biznis ak yo.

5. My establishment is not required to hold a license from the Inspectional Services Department or the Cambridge License Commission. Do I still have to comply with the city's trans fat regulation?

If your establishment does not require a license from the City of Cambridge, the regulation does not apply and you are not legally bound by it.

Even so, using healthier oils may be good business!

For example, if you supply food to Cambridge establishments that are covered by the regulation, those establishments will not be allowed to use, store, or sell products that contain partially hydrogenated vegetable oils, shortenings, or margarines containing 0.5 grams or more trans fat per serving. Unless you supply products that keep your Cambridge clients in compliance, you could lose their business.

6. Ki lè regleman a ap kòmanse aplike? Èske I kouvri tout kalite manje?

Kòmanse premye Jiyè 2009, lwil, grès (shortenings), ak magarin (margarines) yo itilize pou fri, sote, griye, oubyen pou bere pap ka genyen grès ki gen kèk idwojèn ladan (grès trans atifisyèl), sof si etikèt ki sou pwodwi a oswa enfòmasyon konpayi ki fè pwodwi a fè konnen li gen mwens pase 0.5 gram grès trans nan yon pòsyon.

Ou kapab kontinye sèvi ak pwodwi ki gen grès trans atifisyèl la kòm yon engredyan nan yon pat gato ki fèt pou fri epi pat ki gen leven (yeast dough), ak tout lòt pwodwi ki gen grès trans (trans fat), jiska premye Oktòb 2009, lè regleman a kòmanse aplike vrèman.

Kòmanse premye Oktòb 2009, tout manje k sèvi oswa k nan magazen ap dwe genyen mwens pase 0.5 gram grès trans atifisyèl nan yon pòsyon (kantite nan manje pou yon moun) sof pou manje yo vann tou vlope nan pake original ki soti nan konpayi ki fè yo avèk yon etikèt ki bay Enfòmasyon sou tout Eleman Nitrisyon yo sou li.

Lwa a pap aplike pou manje yo sèvi ki vlope nan pake orijinal konpayi ki fè yo a, tankou yon sachè pòm de tè rache (potato chips) oswa yon pake biswit sèk (crackers).

6. When does the regulation take effect? Does it cover all food items?

Beginning July 1, 2009, oils, shortenings, and margarines used for deep-frying, pan-frying, grilling, or as a spread cannot contain partially hydrogenated fat (artificial trans fat), unless the product label or manufacturer information indicates less than 0.5 grams of trans fat per serving.

You may continue to use trans fat-containing oils and shortenings for deep frying cake batter and yeast dough, and all other foods containing trans fat, until October 1, 2009, when the regulation takes full effect.

Beginning October 1, 2009, all foods served or stored will be required to contain less than 0.5 grams of artificial trans fat per serving, except foods that are sold in the manufacturer's original sealed package with a Nutrition Facts label.

The regulation does not apply to food served in the manufacturer's original sealed package, such as a bag of potato chips or package of crackers.

7. **Kijan m ka di tèl pwodwi bon paske l respekte lwa (regilasyon an) a?**
7. **How can I tell if a particular product is allowed under the regulation?**

Etap 1

Tcheke lis engredyan yo pou w wè si yo make “partially hydrogenated” (sa vle di yo ajoute idwojèn anpati nan lwil la), “shortening” (grès yo sèvi nan preparasyon manje), oswa “margarine” (magarin).

- Si okenn nan tèm sa yo pa nan lis la, ou kapab sèvi ak pwodwi a.
- Si okenn nan tèm sa yo pa nan lis la, ale nan etap 2.

Step 1

Check the ingredients list to see if “partially hydrogenated,” “shortening,” or “margarine” are listed.

- If none of these terms are listed, you may use the product.
- If any of these terms are listed, go to Step 2.

Etap 2

Tcheke Lis Eleman Nutrison (Nutrition Facts panel) an pou w ka wè ki kantite grès trans (trans fat) li genyen.

- Si lis la di pwodwi a genyen zero gram grès trans (trans fat), oswa pi piti pase 0.5 gram grès trans (trans fat), pa pòsyon (kantite ki nan manje yon moun), ou kapab itilize pwodwi a.
- Si lis la di pwodwi a genyen 0.5 gram grès trans (trans fat) oswa pi plis pa pòsyon (kantite ki nan manje yon moun), ou PA kapab itilize pwodwi a.
- Si pa gen Lis Eleman Nutrison (Nutrition Facts

Step 1

Example of an ingredients list

MADE FROM: UNBROMATED UNWHEAT FLOUR (FLOUR, MALTED BARLEY, ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN (VITAMIN B2), FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OILS, NONFAT MILK, CONTAINS 2% OR LESS SALT, HIGH FRUCTOSE CORN SYRUP

This product contains partially hydrogenated vegetable oil. Go to Step 2.

Step 2

Nutrition Facts

Serving Size 1 cup (228g)		Servings Per Container 2	
Amount Per Serving			
Calories	250	Calories from Fat	110
		% Daily Value*	
Total Fat	12g		18%
	Saturated Fat 3g		15%
	Trans Fat 3g		
Cholesterol	30mg		10%

This product has more than 0.5 grams of trans fat. You may not use it.

Cholesterol 30mg 10%

This product has more than 0.5 grams of trans fat. You may not use it.

panel) sou pwodwi a, ale nan Etap 3.

Step 2

Check the product's Nutrition Facts panel for trans fat content.

- If the panel says the product has 0 grams of trans fat, or less than 0.5 grams of trans fat per serving, you may use the product.
- If the panel says the product has 0.5 grams or more of trans fat per serving, you may NOT use the product.
- If there is no Nutrition Facts panel on the product, go to Step 3.

Etap 3

Si pa gen lis Eleman Nutrisyon (Nutrition Facts), mande konpayi kote w al achte a pou yo ba ou yon lèt ki soti nan konpayi kote yo fè l la ki gen lis engredyan pwodwi yo.

- Si nan lis engredyan an yo make "partially hydrogenated " (sa vle di yo ajoute idwojèn anpati nan grès la), ("shortening"), oswa "margarine" (magarin)," lèt la dwe genyen enfòmasyon tou sou kantite grès trans (trans fat) ki genyen nan chak pòsyon (kantite ki nan manje yon moun ta dwe manje).
- Tankou nan Etap 2 a, si lis la di pwodwi a genyen zero gram grès trans (trans fat), oswa pi piti pase 0.5 gram grès trans (trans fat), pa pòsyon, ou kapab itilize pwodwi a.
- Lèt la dwe nan papye antèt konpayi kote ki fè pwodwi ansam ak non ak adrès li. Kenbe lèt la nan etablisman kote w ap sèvi manje a, yon kote li disponib pou enspektè sanitè nan Depatman Sèvis Enspeksyon Vil Cambridge la ka revize l.

Step 3

If there is no Nutrition Facts panel, ask your supplier to provide a letter from the manufacturer that lists the product's ingredients.

- If the ingredients list contains the terms "partially hydrogenated," "shortening," or "margarine," the letter must also include information on the amount of trans fat in each serving.
- As in Step 2, if the product has 0 grams of trans fat, or less than 0.5 grams of trans fat per serving, you may use it.
- The letter should be on the manufacturer's letterhead and show the manufacturer's name and address. Keep the letter at your food service establishment, available for review by a sanitary inspector from the city's Inspectional Services Department.

8. **Mwen achte lwil nan kès ke yo livre m nan yon bwat. Kès yo pa gen etikèt, men bwat la genyen. Èske m dwe sere etikèt yo ki nan bwat la?**

Wi. Sere etikèt ki gen engredyan yo ak lis Eleman Nutrisyon (Nutrition Facts) an, ansanm ak non mak pwodwi a epi non kouran li, jiskaske pwodwi a fin sèvi nèt. Etikèt sa yo dwe disponib pou yon enspektè sanitè nan Depatman Sèvis Enspeksyon Vil Cambridge la ka revize.

8. **I buy containers of oil that are shipped in a box. The containers do not have labels, but the box does. Do I need to save the labels on the box?**

Yes. Save the ingredients label and the Nutrition Facts panel, along with the product's brand name and common name, until the product has been completely used. These labels should be available for review by a sanitary inspector from the city's Inspectional Services Department.

9. Ki kalite etikèk mwen ta dwe sere, epi pandan konbyen tan m ta dwe kenbe yo?

Kòmanse premye Jiyè 2009, w ap dwe sere etikèt pou nenpòt lwil, grès (shortenings), oswa magarin (margarines) yo itilize pou fri, sote, oswa griye, oswa pou bere jiskaské pwodwi a fin sèvi nèt. Ou ka sere etikèt sa yo nan sa k te kenbe pwodwi a, ou ka fè fotokopi l, oswa w sere yon lòt kote apa. Nenpòt etikèt oswa lis engredyan ke w retire sou pwodwi a oswa w fè fotokopi l dirèkteman nan pwodwi a dwe gen dat sou li.

Kòmanse premye Oktòb 2009, lè regleman a fin pase nèt, w ap dwe sere etikèt nenpòt manje k gen lwil, grès (shortenings), oswa magarin (margarines) , kèlkeswa fason w sèvi ak pwodwi a. Pa egzanp, si w ap fri pòm de tè (French fries) ki konseue nan, ou ta dwe sere etikèt la ni pou lwil k ap fri l la ni pou pòm de tè (French fries) a jiskaské tou 2 pwodwi yo fin sèvi nèt.

9. Which labels should I save, and how long should I keep them?

Beginning July 1, 2009, you will need to save labels for any oils, shortenings, or margarines used for frying, pan-frying (sautéing), or grilling, or as a spread until the product is completely used. Labels may be kept on the product container, photocopied, or kept separately. Any label or ingredients list removed from the product or photocopied directly from the product must be dated.

Beginning October 1, 2009, when the regulation takes full effect, you will need to save the label for any food containing oils, shortenings, or margarines, regardless of how you use the product. For instance, if you are frying frozen French fries, you should save the label for both the frying oil and the French fries until both have been completely used.

10. Èske m ka toujou kenbe pwodwi ki gen grès trans (trans fat) yo nan gad manje m apre premye Jiyè 2009?

Sa depann de kisa w fè ak pwodwi a. Yo pa pèmèt ou pou w kenbe oswa met nan depo lwil, grès (shortenings), oswa magarin (margarines) yo itilize pou fri, griye, oswa pou bere sof si pwodwi sa yo gen mwens pase 0.5 gram grès trans (trans fat) pa pòsyon.

Apre premye Oktòb 2009, ou pap kapab met nan depo, itilize, oswa sèvi moun okenn pwodwi ki gen idwojèn anpati ladan l ki gen 0.5 gram oswa pi plis grès trans (trans fat) pa pòsyon. Apre dat sa a, okenn pwodwi ki gen grès trans (trans fat) atifisyèl pap ka nan etablisman yo kèlkeswa sa w ap fè avè l. (Gade Kesyon 21 tou.)

10. Can I still keep products that contain artificial trans fat in my pantry after July 1, 2009?

That depends on the use of the product. You are not allowed to keep or store oils, shortenings or margarines that are used for deep-frying, grilling, or as a spread unless these products contain less than 0.5 grams of trans fat per serving. After October 1, 2009, you will not be able to store, use, or serve any products containing partially hydrogenated oil that has 0.5 grams or more trans fat per serving. After this date, no product with artificial trans fat may be present on the premises no matter what the use. (See also Question 21.)

11. Kisa k ka rive si m sèvi ak magarin pou m bere ak pou m fè manje anba fou? Èske m ap gen dat limit diferan pou m chanje pratik sa yo?

Wi, gen dat limit diferan.

Kòmanse premye Jiyè 2009, magarin ki genyen 0.5 gram oswa pi plis grès trans (trans fat) pa pòsyon pap ka sèvi pou fri oswa pou bere, men y ap kapab sèvi nan baked goods (bonbon, biswit sèk, gato, pate, mòfin, taco shell, anbègè) jiska premye Oktòb 2009. (Gade Kesyon 26 tou.)

11. What if I use margarine both as a spread and for baking? Will I have different deadlines for changing these practices?

Yes, there are different deadlines.

Beginning July 1, 2009, margarines containing 0.5 grams or more trans fat per serving may not be used for frying or as a spread, but they may be used in baked goods until October 1, 2009. (See also Question 26.)

12. E si yon kote k ap vann manje vann mwen gato ki pa gen grès trans (trans fat) atifisyèl, men chak pòsyon gen plis pase 0.5 gram grès trans (trans fat) pa pòsyon ki sot nan pwodwi natirèl?

Si etikèt pwodwi a oswa lis engredyan an pa di li gen lwil vejatal ki gen idwojèn anpati ladan l (partially hydrogenated vegetable oil), grès yo sèvi nan preparasyon manje (shortening), oswa magarin (margarine), donk grès trans (trans fat) nan pwodwi a soti nan sous natirèl ki pa anba regleman a. Nan ka sa a, ou kapab sèvi ak pwodwi a. Si etikèt pwodwi a oswa lis engredyan an di li gen nenpòt nan engredyan sa yo, kantite grès trans (trans fat) la dwe pi piti pase 0.5 gram pa pòsyon. (Gade Kesyon 27 tou.)

12. What if a supplier sells me cakes that contain no artificial trans fat, but each serving contains more than 0.5 grams of trans fat per serving from natural sources?

If the product label or ingredients list does not mention partially hydrogenated vegetable oil, shortening, or margarine, then the trans fat in the product comes from natural sources and is not covered by the regulation. In that case, you may use it. If the product label or ingredients list does mention any of these

ingredients, its trans fat content must be less than 0.5 grams per serving. (See also Question 27.)

13. Si m achte engredyan andeyò Cambridge pou pwodwi m sèvi nan etablisman m, èske engredyan sa yo dwe genyen pi piti pase 0.5 gram grès trans (trans fat) pa pòsyon?

Wi. Kote w achte pwodwi a pa gen anyen pou l wè. Kòmanse premye Jiyè 2009, lwil, grès yo sèvi, ak magarin (kèlkeswa kote w achte yo) ke yo itilize pou fri, sote, griye, oubyen pou bere pa ka genyen grès ki gen idwojèn anpati ladan (grès trans atifisyèl), sof si etikèt ki sou pwodwi a oswa enfòmasyon konpayi ki fè pwodwi a fè konnen li gen mwens pase 0.5 gram grès trans nan yon pòsyon (kantite ki nan manje yon moun). Ou kapab kontinye sèvi ak pwodwi ki gen grès trans atifisyèl la kòm yon engredyan nan gato (cake batter) epi pwodwi ki fèt ak pat ki gen leven (yeast dough) ki fri, ak tout lòt pwodwi ki gen grès trans (trans fat), jiska premye Oktòb 2009, lè regleman a kòmanse vrèman aplike.

Kòmanse premye Oktòb 2009, tout manje ak engredyan ki nan depo, ke yo itilize, oswa ki sèvi nan etablisman ki sèvi manje nan Cambridge yo ki gen lwil vejetal ki gen idwojèn anpati ladan yo, grès yo sèvi nan preparasyon manje, oswa magarin dwe genyen mwens pase 0.5 gram grès trans nan yon pòsyon.

13. If I purchase ingredients from outside Cambridge for products I serve in my establishment, do those ingredients have to contain less than 0.5 grams of trans fat per serving?

Yes. It does not matter where you buy the products.

Beginning July 1, 2009, oils, shortenings, and margarines (no matter where purchased) that are used for deep-frying, pan-frying, grilling, or as a spread cannot contain partially hydrogenated fat (artificial trans fat), unless the product label or manufacturer information indicates less than 0.5 grams of trans fat per serving. You may continue to use trans fat-containing oils and shortenings for deep frying cake batter and yeast dough, and all other foods containing trans fat, until October 1, 2009, when the regulation takes full effect.

Beginning October 1, 2009, all foods and ingredients stored, used, or served in Cambridge food service establishments that contain partially hydrogenated vegetable oils, shortenings, or margarines must have less than 0.5 grams of trans fat per serving.

**SA Y AP FÈ POU MOUN YO OBEYI
ENFORCEMENT**

14. Regleman sou grès atifisyèl trans (trans fat) la kòmanse aplike, èske Vil Cambridge la ap bay kontravansyon?

Wi. Kòmanse premye Jiyè 2009, Depatman Sèvis Enspeksyon an pral bay kontravansyon.

14. When the trans fat regulation takes effect, will the City of Cambridge issue violations?

Yes. Beginning July 1, 2009, the Inspectional Services Department will issue violations.

15. Èske kontravansyon yo ap konte kòm “grav” oswa “pa grav”?

Kontravansyon yo ap konte kòm “pa grav”?

15. Will violations be counted as “critical” or “non-critical”?

Violations will be counted as non-critical.

16. Èske Vil Cambridge la ap kontinye fè swivi kontravansyon (vyolasyon) sou grès atifisyèl trans (trans fat) la?

Wi. Nenpòt etablisman k ap sèvi manje ki vyole regleman yo sou grès trans (trans fat) atifisyèl la ap resevwa yon lòt enspeksyon pou yo wè si yo obeyi regleman a.

16. Will the City of Cambridge follow up on trans fat violations?

Yes. Any food service establishment violating the restriction on artificial trans fat will receive a follow-up inspection to determine compliance.

17. Èske y ap poste kontravansyon (vyolasyon) sou grès trans (trans fat) yo nan adrès entènèt (Website) Depatman Sèvis Enspeksyon Cambridge la?

Wi. Tout kontravansyon yo, menm sa ki konsène grès trans (trans fat) yo ap poste.

17. Will trans fat violations be posted on the Cambridge Inspectional Services Department website?

Yes. All violations, including those regarding trans fat, will be posted.

18. Kisa k ap rive si yon enspektè jwenn pwodwi ki pa dwe la selon regleman sou grès atifisyèl trans (trans fat) la?

Sa a ap konsidere tankou yon vyolasyon (kontravansyon). Premye fwa a w ap resevwa yon avètisman ekri. Si yo jwenn w anko, w ap peye pènnalite (kòb) pou lòt vyolasyon w komèt yo.

18. What will happen if an inspector finds products that are not allowed under the trans fat regulation?

This is considered a violation. The first time you will receive a written warning. Further violations will then be subject to fines.

19. Èske m kapab resevwa yon kontravansyon (tikè) pou manje m achte nan bwat si l vin san yon etikèt?

Wi. Kòmanse premye Jiyè 2009, w ap dwe genyen enfòmasyon sou nenpòt ki kalite lwil, sou grès, ak magarin yo itilize pou fri, sote, griye, oubyen pou bere, sof si engredyan sa yo sèvi sèlman nan pat pou fri gato pou fri oswa pat ki gen leven (yeast dough) .

Kòmanse premye Oktòb 2009, lè regleman a fin etabli nèt, w ap bezwen genyen etikèt oswa lòt enfòmasyon ekri disponib pou tout pwodwi ki gen lwil, grès (shortenings), oswa magarin (margarines).

Kòmanse premye Oktòb 2009, si w achte baked goods ki pa gen etikèt oswa lòt pwodwi ki gen lwil, grès (shortenings), w ap bezwen mande moun kote w achte l la yon lis engredyan ak yon lis Eleman Nitrisyon sou pwodwi a oswa yon lèt ki soti nan men moun kote pwodwi a fèt la (tankou yo te esplike l nan Kesyon 8 la) ki montre kantite grès trans (trans fat) li genyen pa pòsyon.

19. Can I receive a violation for food I purchase in bulk if it comes without a label?

Yes. Beginning July 1, 2009, you will need to have documentation available to sanitary inspectors from the city's Inspectional Services Department for any oils, shortenings, or margarines used for frying, pan-frying (sautéing), or grilling, or as a spread, unless these ingredients are being used only for deep frying cake batter or yeast dough.

Beginning October 1, 2009, when the regulation takes full effect, you will need to have labels or other documentation available for all products that contain oils, shortenings, or margarines.

Beginning October 1, 2009, if you buy unlabeled baked goods or other food products that contain oils or shortenings, you need to ask your supplier for an ingredients list and a Nutrition Facts panel or a letter from the manufacturer (as described in Question 8) showing trans fat content per serving.

20. Si m genyen yon kalite manje ki gen grès trans (trans fat) atifisyèl men mwen pa fè manje avèl, èske m ka kite l nan gad manje m?

Non. Apre regleman a fin byen etabli, Vil Cambridge la ap bay kontravansyon pou tout pwodwi ki anba regleman a ke yo jwenn nan etablisaman w nan – Kèlkeswa w genyen yo pou itilizasyon pèsònèl ou, pou w sèvi moun, oswa genyen l nan depo.

20. If I have a food item containing artificial trans fat but I don't cook with it, may I keep it in my kitchen pantry?

No. After the regulation takes effect, the City of Cambridge will issue violations for all restricted products that are found in the establishment – regardless of whether they are for personal use, served, or stored.

RANPLASE GRÈS ATIFISYÈL TRANS (TRANS FAT) PA Lòt Kalite

SUBSTITUTING FOR TRANS FAT

- 21. Èske m ka sèvi ak yon pwodwi ki gen “0 gram grès atifisyèl trans (trans fat)” si lis engredyan an gen ladan lwil vejetal ki gen idwojèn anpati ladan, grès (shortening), oswa magarin (margarine)?**

Wi. Administrasyon Manje ak Dwòg (Medikaman) nan Etazini an pèmèt pwodwi ki gen pi piti pase 0.5 gram grès trans (trans fat) pa pòsyon pou yo gen etikèt 0 gram grès trans (trans fat), menm si yo gen yon ti kantite tou piti. Tout pwodwi ki gen etikèt 0 gram grès trans (trans fat) pa pòsyon respekte regleman a.

- 21. May I use a product that claims to have “0 grams trans fat” if the ingredients list includes partially hydrogenated vegetable oil, shortening, or margarine?**

Yes. The U.S. Food and Drug Administration allows products with less than 0.5 grams of trans fat per serving to be labeled 0 grams trans fat, even if they contain small amounts. Any product labeled 0 grams trans fat per serving is in compliance with the regulation.

- 22. Èske pwodwi ki gen 0 gram grès trans (trans fat) yo pi chè?**

Etablisman ki fè chanjman yo jwenn abityèlman ke pri yo se menm. Kontakte moun kote w achte pwodwi yo pou w ka konn pri yo, epi kòmanse chanje pwodwi yo pou w vin genyen sa ki gen 0 gram grès trans (trans fat) pi vit ke posib.

- 22. Are products with 0 grams trans fat more expensive?**

Establishments that make the change usually find that the costs are similar. Contact your supplier to inquire about prices, and start switching over to products with 0 grams trans fat as soon as possible.

- 23. Kisa m ka sèvi pou m fri nan plas lwil ki genyen grès trans (trans fat) yo?**

Mande moun ki vann ou pwodwi yo pou lwil ki gen 0 gram grès trans (trans fat) pa pòsyon. Pwodwi sa yo se lwil vejetal tradisyonèl yo tankou lwil soya (soybean: soja), lwil mayi, oswa lwil canola, ak tou nouvo lwil yo ki sot nan divès kalite lwil espesifik tankou soya (soybean: soja), lwil flè solèy (sunflower), ak lòt lwil grenn ak semans ki dire anpil tan nan chodyè lè y ap sevi ak yo pou fri.

Moun kote w ap achte pwodwi yo dwe mete anpil opsyon disponib devan w. Ou kapab jwenn enfòmasyon tou sou lòt kalite pwodwi nan adrès entènèt (website) Asosyasyon Amerikèn pou Kè (American Heart Association), www.americanheart.org/presenter.jhtml?identifier=3050593.

- 23. What can I use for frying instead of oils that contain trans fat?**

Ask your suppliers for oils that have 0 grams of trans fat per serving. These include traditional vegetable oils such as soybean, corn, or canola oil, as well as new oils

made from specific varieties of soybeans, sunflowers, and other grains and seeds with long fry lives.

Your supplier should have a range of options available. You can also find resources for substitutions on the American Heart Association website, www.americanheart.org/presenter.jhtml?identifier=3050593.

24. Kisa m ka itilize pou m fè manje anba fou nan plas grès (shortenings) ki gen grès atifisyèl trans (trans fat)?

Gen anpil kalite pwodwi ki kapab satisfè bezwen pou w fè manje anba fou. Piske l kapab pran tan pou w kapab jwenn bon pwodwi w bezwen an pou resèt ou yo, ou dwe teste lwil ak grès yo pou ranplasman yo (shortenings) yo byenavan dat limit premye Oktòb 2009 la.

Ou kapab jwenn enfòmasyon tou sou lòt kalite pwodwi nan adrès entènèt (website) Asosyasyon Amerikèn pou Kè (American Heart Association), www.americanheart.org/presenter.jhtml?identifier=3050593.

24. What can I use for baking instead of shortenings with trans fat?

There is a wide variety of products that can meet your baking needs. Since it may take time to find the right product for your recipes, you should test replacement oils and shortenings well in advance of the October 1, 2009 deadline.

You can find resources for substitutions on the American Heart Association website, www.americanheart.org/presenter.jhtml?identifier=3050593.

25. Sa k ka rive si m sèvi ak grès vejetal yo sèvi nan preparasyon manje (shortening) ni pou m fri ni pou m kwit manje anba fou?

Kòmanse premye Jiyè 2009, majorite fritay (gade Kesyon 7) dwe fèt ak lwil, grès (shortenings), oswa magarin (margarines) ki gen mwens pase 0.5 gram grès trans (trans fat) pa pòsyon.

Pwodwi ki gen pi plis kantite grès trans (trans fat) atifisyèl kapab sèvi pou fè lòt kalite bagay (men pa pou bere) jiska premye Oktòb 2009.

25. What if I use vegetable shortening both for frying and for baking?

Beginning July 1, 2009, most frying (see Question 7) must be done with oils, shortenings, and margarines that contain less than 0.5 grams of trans fat per serving.

Products with higher levels of artificial trans fat may be used for most other purposes (but not as spreads) until October 1, 2009.

26. E pou bè, swif bèf, grès ren bèf, ak sendou (andiyèt)?

Grès bèf sa yo pa tonbe anba regleman a paske yo genyen grès trans (trans fat) ki natirèl, ki pa grès atifisyèl. Men, grès zannimo sa yo gen anpil grès (saturated

fat) e moun ta dwe manje yo avèk moderasyon. Ou kapab jwenn enfòmasyon tou sou lòt kalite pwodwi nan adrès entènèt (website) Asosyasyon Amerikèn pou Kè (American Heart Association), www.americanheart.org/presenter.jhtml?identifier=3050593.

26. What about butter, beef tallow, suet, and lard?

These animal fats are not covered by the regulation because they contain naturally occurring trans fat, not artificial trans. However, these animal fats are high in saturated fat and should be used in moderation. You can find resources for substitutions on the American Heart Association website, www.americanheart.org/presenter.jhtml?identifier=3050593.

27. Ki kote m ka jwenn konsèy sou kijan pou itilize grès ki ka kenbe m ansante yo?

Menm lè chwa w pou w ranplase grès yo pa kouvri anba regleman an, nou ankouraje w pou w fè chanjman ki pi bon pou sante otan w kapab. Ou kapab jwenn enfòmasyon sou lòt kalite pwodwi nan adrès entènèt (website) Asosyasyon Amerikèn pou Kè (American Heart Association), www.americanheart.org/presenter.jhtml?identifier=3050593.

27. Where can I get advice about using healthier fats?

While your choice of replacement fats is not covered by the regulation, it is encouraged that you make healthier substitutions whenever you can. You can find resources for substitutions on the American Heart Association website, www.americanheart.org/presenter.jhtml?identifier=3050593.

June 30, 2009

Dokiman sa a te adapte nan "The Regulation to Phase Out Artificial Trans Fat in New York City Food Service Establishments (Lwa (Regilasyon) pou Elimine Grès Trans (Trans Fat) atifisyèl," ki te pibliye pa Depatman Lasante ak Ijyèn mantal Vil New York la. This document was adapted from "The Regulation to Phase Out Artificial Trans Fat in New York City Food Service Establishments," published by the New York City Department of Health and Mental Hygiene.

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