

IMPORTANT INFORMATION REGARDING NEW FDA REGULATIONS

Partially-Hydrogenated Oils

What are Partially-Hydrogenated Oils (PHOs)?

- Most commonly known as **trans fat** .
- A type of fat formed when liquid oils are made into solid fats (shortening and hard margarine).
- Partially-hydrogenated oils are made when hydrogen is added to vegetable oil (hydrogenation process) to increase shelf-life and flavor stability of foods.

The Food and Drug Administration (FDA) has issued a [final determination](#) regarding PHOs and determined that they are not generally recognized as safe (GRAS) for human consumption. This means that **PHOs**, which are the primary dietary source of industrially-produced **trans fats**, can no longer be used or served in a retail food facility.

When does this take effect?

Depending on the food item, the FDA regulation goes into effect from **June 18, 2018** to **January 1, 2021** for manufacturers of Partially-Hydrogenated Oils. EH will provide education on this new requirement during the next round of inspections.

Are there any exemptions to the regulation?

Certain trans fats are acceptable and include:

- ⇒ Naturally occurring trans fat (ingredients from ruminant sources)
- ⇒ Use of conjugated linoleic acid (CLA)
- ⇒ Partially hydrogenated methyl ester of rosin
- ⇒ Fully hydrogenated oils
- ⇒ Edible oils that contain Industrially-Produced Trans Fatty Acids (IP-TFA) as an impurity .

What should I do with existing supplies of food with trans fats?

Foods in commerce that have trans fats can be used and should not be destroyed.

How will I know what I am purchasing has trans fats?

Contact your distributor to find out which food products do not contain trans fats before purchasing.

How will this be enforced?

During the routine inspection, Environmental Health inspectors will provide education on the change. If artificial trans fats are found during subsequent inspections, a violation will be marked and 2 points will be deducted from the facility's score.

Where can I get more information on the FDA PHO regulation?

More information can be found in the [FDA Final Determination Document](#). More information on the extension of the compliance date can be found in the [Federal Register](#).

For more information, visit our website at www.publichealth.lacounty.gov/eh, call us at (888) 700-9995, or email ehmail@ph.lacounty.gov.

For more information from the FDA regarding PHOs call: 1-888-INFO-FDA (1-888-463-6332).