

Del Mar Union School District is



**ALL FOOD OFFERED BY THE
DEL MAR UNION SCHOOL DISTRICT
IS FREE OF
ARTIFICIAL TRANS FAT**

Trans fat is made when hydrogen is added to vegetable oil. These oils are called partially hydrogenated. Any food made with partially hydrogenated oil contains trans fat. Trans fat, like saturated fat, increases the risk of heart disease by raising "bad" (LDL) cholesterol.

WHAT YOU CAN DO AT HOME:

CHANGE YOUR OILS

For cooking and frying, check the ingredients on all oils. If "partially hydrogenated" is listed, switch to a non-hydrogenated oil instead.

CHOOSE HEALTHY SPREADS

Instead of stick margarine or butter, use soft tub spreads with low saturated fat and *no trans fat*.

ORDER PREPARED FOODS WITHOUT TRANS FAT

Check ingredients and ask your supplier for baked products, pre-fried, and pre-mixed foods that are free of partially hydrogenated vegetable oils or shortening.