

**Recommendations Summary
Health Canada Trans Fat Task Force (2006)**

The Task Force recommended that:

1. Foods purchased by retailers or food service establishments from a manufacturer for direct sale to consumers be regulated on a finished product or output basis and foods prepared on site by retailers or food service establishments be regulated on an ingredient or input basis.
2. For all vegetable oils and soft, spreadable (tub-type) margarines sold to consumers or for use as an ingredient in the preparation of foods on site by retailers or food service establishments, the total trans fat content be limited by regulation to 2% of total fat content. For all other foods purchased by a retail or food service establishment for sale to consumers or for use as an ingredient in the preparation of foods on site, the total trans fat content be limited by regulation to 5% of total fat content. This limit does not apply to food products for which the fat originates exclusively from ruminant meat or dairy products.
3. Regulations be finalized by June 2008. A basic phase-in period be set at one year from the date of entry into force of the final regulations. Extended phase-in periods be specified for certain applications (e.g. baking) and for small and medium-sized firms, recognizing that in most cases the transition could be made within two years of the date of entry into force of the final regulations.
4. The Government of Canada and all concerned food industry associations urge companies affected to use the most healthful oils for their food applications.
5. The Government of Canada encourage the relevant federal granting councils and/or federal departments to support research on trans fats in the areas of clinical nutrition, food and agriculture, and population and public health. The Government should help ensure that the research results are transferred to relevant decision-makers.

Reference

Trans Fat Task Force. (June 2006). *TRANSforming the food supply. Report of the Trans Fat Task Force submitted to the Minister of Health*. Retrieved December 12, 2011, from Health Canada Web site: http://hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/tf-gt_rep-rap-eng.pdf.