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Reducing
TRANS FAT
in your diet

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healthy
for 
LIFE™

food that fits **YOUR LIFE**[®]

Taking Action on Trans Fats

Experts recommend reducing trans fats in your diet. That's why we're taking action to reduce or eliminate trans fats from the foods we serve.

- We fry in zero trans fat frying oil
- We use zero trans fat margarines and spreads
- We use zero trans fat pan sprays and grill oils
- We use zero trans fat salad oils

We're proud to be taking action on trans fats and will continue to offer great tasting zero trans fat choices that fit with your healthy lifestyle.

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you! For more information about trans fats, just ask your on-site manager for our Nutrition News Fact Sheet "Focus on Fats".

For more information or for special dietary needs, please contact your food service director.

