

# TRANS-FAT FREE

## HEALTHIER FAT OPTIONS

### History

The United States Food and Drug Administration (FDA) has announced its preliminary determination that Partially Hydrogenated Oils (PHOs) are not GRAS for use in food. PHOs are linked to trans-fat and heart disease, and it is required that all food manufacturers list trans-fat content separately under the Nutrition Facts. This change has now allowed consumers to see how much trans-fat is in the foods they choose.<sup>2</sup>

### U.S. Regulations

Hydrogenation is the chemical process in which hydrogen is added to oil to create a solid. Although hydrogenation extends the shelf life and flavor of products, the resulting trans-fat (trans fatty acids) will increase LDL ("bad") cholesterol.<sup>1</sup> The United States Food and Drug Administration has found a direct link between diets high in trans-fat and LDL cholesterol. The increase in LDL cholesterol increases the risk of stroke and heart disease.<sup>2</sup>

### Alternative Oil Options

- Coconut Oil
- Medium Chain Triglycerides (MCT) Oil
- Cocoa Butter
- High Oleic Canola Oil
- Sunflower Oil
- Safflower Oil
- Palm and/or Palm Kernel Oil
- Blends of these oils



1. American Heart Association Website, Oct. 4, 2006

2. United States Food and Drug Administration Website, Oct. 4, 2006

## PRODUCT SELECTION CHART

Product Name	Fat Source	Total Fat	Sat. Fat	Mono Fat	Poly Fat	Trans Fat	Typical Application(s)
<b>Creaming Agents</b>							
Cocoa Riche™ LCD	Coconut Butterfat	23%	21%	1%	0.3%	0%	Powdered Cappuccino Mix
Cocoa Riche™ 800	Coconut	30%	28%	2%	0.4%	0%	Hot Cocoa Mix, Foaming Milk Tea, Powdered Cappuccino
RICHMIX® 3-C	Coconut	32%	31%	0.3%	0.2%	0.2%	Smoothies, cappuccinos, vending applications, and coffee whiteners
QuIC Creamer™ 3004	Coconut	35%	32%	2%	0.6%	0.1%	Hot Beverages
RICHMIX® LD 23	Coconut	35%	34%	0.3%	0.2%	0.2%	Industrial repacking in consumer jars, canisters and single service packets
Jerzee® CWS-MCT	Medium Chain Triglycerides	40%	40%	0%	0%	0%	Sports Drinks, Sports Mixes
Jerzee® CWS 80 BXS	Sunflower	49%	4.7%	42%	2%	0.2%	Soymilk, Fruit Drink Bases, Nutritional Beverages
Jerzee® CWS 80 BXSC	Coconut	48%	45%	3%	0.7%	0%	Soymilk, Fruit Drink Bases, Nutritional Beverages
QuIC Creamer™ 3005	Coconut	36%	33%	2%	0.5%	0.04%	Hot Beverages
Jerzee® Blend C	Coconut	50%	46%	3%	0.7%	0%	Iced Coffee with Creamer and Sugar, Portion Pack Creamer, Canned Coffee – Iced
QuIC Creamer™ 5000	Coconut	49%	44%	3%	0.8%	0.1%	Gravies, Soups, Sauces
Jerzee® 50-Palm	Palm	50%	26%	18%	4.6%	0.1%	Drink mixes
Jerzee® 50-Coconut HSS	Coconut	50%	47%	3%	0.7%	0%	Formulated with dietary fiber, highly soluble
Jerzee® CWS 50-Sunflower IP3	Sunflower	50%	4%	42%	3%	0.4%	Nutritional beverages
Jerzee® Blend NDB	Coconut	50%	47%	3%	0.8%	0%	High creaming, free flowing product
RICHMIX® 50-P	Palm	50%	31%	14%	3%	0.6%	Smoothies, cappuccinos, cocoa mixes, soups, and imitation milk
RICHMIX® HO Sun 50-NT	Sunflower	50%	5.6%	39%	3.4%	0.6%	Smoothies, cappuccinos, cocoa mixes, nutritional foods, soups, sauces, confectionery products, imitation milk and soft serve ice cream
Vital Blend Nutritional Base	Sunflower	51%	6%	40%	2.7%	0.5%	Smoothies, nutritional beverages and nutritional bars
RICHMIX® A	Coconut	52%	51.6%	0.3%	0.1%	0.2%	Caramels, fudges, butter-cream formulations, smoothies, cappuccinos, cocoa mixes, soups and sauces
Jerzee® Generic 247 NT	Coconut	18% Min.	18%	1.2%	0.3%	0%	Low fat, high whitening powder coffee creamer for use as a retail or food service product
RICHMIX® Fat Free Coconut-M	Coconut	8.5% Max.	7%	0.5%	0.1%	0%	Fat free dependent on serving size for use in coffee, tea and hot beverage applications
<b>Powdered Fats</b>							
Centennial™ I	Coconut	74%	68%	5%	1%	0%	Vanilla/Chocolate/Butterscotch Pudding Mix
Centennial™ 73-Safflower CL	Safflower	72%	5%	58%	8%	0.4%	This product is ideal for nutraceutical applications
Centennial™ 73-Palm	Palm	73%	38%	28%	7%	0.2%	Buttermilk Pancake and Waffle Mix, White Cake Mix, Cheese Sauce Mix, Cheese Flavored Soup, Chocolate Pudding Mix, Biscuit Mix
Centennial™ 73-Coconut IP	Coconut	73%	67%	5%	1%	0%	Non-GMO/Identity preserved source ingredients
Centennial™ IX	Sunflower	75%	7%	64%	3%	0.3%	Retort Cream Soup, Clam Chowder Flavored Instant Soup Mix
Centennial™ 75-Palm NP	Palm	75%	38%	28%	7%	0.2%	Retort Cream Soup, Clam Chowder Flavored Instant Soup Mix
QuIC Creamer™ 7351	Palm	72%	37%	28%	7%	0.3%	Soups, Sauces
<b>Whip Topping Bases</b>							
Jerzee® Whip Base*	Partially Hydrogenated Coconut & Palm Kernel	50%	49%	0.1%	0%	0.7%	Whip Topping
Jerzee® Whip 65-Sunflower NT	Sunflower	64%	20%	40%	3%	0.45%	Whip Topping
DMP NT*	Palm Kernel	68%	62%	5%	0.6%	0.2%	Whip Topping, Chocolate Bavarian Mousse Mix, Instant Cheesecake
QuIC Creamer™ 4801	Coconut	49%	44%	3%	0.8%	0.1%	Ready-to-freeze mix products

\*This product will be trans-fat free once made into the finished product.