

LENARD'S TRANS FAT FACT SHEET

Trans fats (trans fatty acids) may be found naturally in some foods but 'are formed when liquid vegetable oils are partially hydrogenated or hardened for use in margarine, cooking fats for deep frying and shortening for baking'. The Heart Foundation states 'there is strong evidence that eating a diet high in trans fats is linked to an increased risk of coronary heart disease' and as such there has been a focus in recent years on the reduction and elimination of the artificial sources of trans fat from foods.

The World Health Organisation (WHO) recommendation for the consumption of trans fats is <1% of daily kilojoules. A survey conducted by Food Standards Australia New Zealand in 2007 found that the average Australian consumes less than 0.6% per day (below the WHO recommended limit) and determined that regulation within Australia was not presently required. Industry and food manufacturers, especially Quick Service Restaurants have taken positive steps to reduce or eliminate trans fats from foods.

Lenard's has contacted its suppliers and requested information regarding the presence and amount of trans fat within the ingredients supplied to stores and the following trans fat information are results for a cross section of our finished products.

Selected Lenard's products and their trans fat levels.

PRODUCT	TRANS FAT LEVELS (g/100g)
Herb & Garlic Schnitzel	0.04
Oriental Spring Roll	0.05
Honey Macadamia Roll	0.04
Chinese Honey Stir-Fry	0.01
Plain Pattie	0.07
Jumbo	0.06
Kiev Sausages	0.01
Florentine Filo	0.02
Kiev	0.05
Baguette	0.10
Honey Mustard Fillet Steak	0.08
Cordon Bleu	0.30
Mexican Enchilada	0.17
BBQ Wings	0.03
Portuguese Shashlick	<0.01

Tips to reduce/avoid trans fats in your diet:

- Limit your daily intake of fried foods and check that, where food is fried, the oils used do not contain trans fats.
- Where possible check the labelling of pre-packaged foods for information about trans fat levels.
- For more information on trans fats visit the Heart Foundation website www.heartfoundation.org.au

The above information is provided on the basis that all Lenard's Pty Ltd procedures have been followed accurately and the only ingredients used are those approved for use in the product. Any deviation from the correct Lenard's Pty Ltd procedure, or the use of non-approved ingredients, will invalidate this information. The information contained in this 'fact sheet' is current as of 03.12.07. Lenard's reserves the right to vary the specifications of its products at anytime.

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