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**County Executive**

Patsy Yang, DrPH,  
Acting Commissioner

***New Be Fit Westchester Program Battles Trans Fat  
Join Westchester's "Heart Healthy" website restaurant listing***

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Dear Restaurateur:

County Executive Spano, through his BeFit Westchester program, is asking for your help in keeping Westchester's residents healthy and knowledgeable about the foods that they eat. In return, we would like to list your restaurant on a special Westchester County webpage at no charge to you.

Effective January 1<sup>st</sup>, the Food and Drug Administration is requiring that all American food labels inform consumers about the trans fat content of processed foods. This action is being taken because it is now recognized that "trans fats" are more dangerous to an individual's health than saturated fats and can increase the risk of heart disease. Trans fats can lower good cholesterol and raise bad cholesterol and can also play a role in issues related to obesity and diabetes.

Ordinary cooking oils (partially hydrogenated oils and solid "shortening") can contain significant quantities of trans fats that can increase the risk of heart disease. Healthier cooking oils include olive oil, peanut oil, sunflower oil and cottonseed oil. By using these or other common monounsaturated and polyunsaturated oils, you will be helping reduce trans fat served to your customers.

To help residents choose healthy eating when they dine out, the *Be Fit Westchester* program will list restaurants that agree to change cooking oils from ones high in trans fat to a monounsaturated or polyunsaturated oil on the County's new webpage.

To join this program, please fill out the enclosed form and fax it back to (914) 813-5014. If you have any questions, please call (914) 813-5000 or visit [www.westchestergov.com/health](http://www.westchestergov.com/health).

Thank you for joining *Be Fit Westchester* and for making restaurant food healthier for Westchester residents.

Sincerely,