

February 8, 2007

Mr. Renier Diaz de la Portilla, Board Member

**SUBJECT: PROHIBITION OF ARTIFICIAL TRANS FATS ON FOODS
SOLD TO STUDENTS IN MIAMI-DADE COUNTY PUBLIC
SCHOOLS ON CAMPUS DURING THE SCHOOL DAY**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE & COMMUNITY
ENGAGEMENT**

Childhood obesity is a serious and growing concern as weight-related problems, including type 2 diabetes, increase among children and adolescents. According to figures from the National Health & Nutrition Examination Survey, 16 percent of children ages 6 to 19 are defined as overweight. That is triple what the proportion was in 1980.

Miami-Dade County Public Schools should take further action to address the growing problem of child obesity in our schools. We should start by ensuring that all artificial trans fatty acids (trans fats) are eliminated from foods that are sold in schools on campus during the school day.

Research has shown that artificial trans fat can clog arteries and cause obesity. Artificial trans fats are formed when food manufactures add hydrogen to vegetable oil to make it solidify. In a process called hydrogenation this process boosts the flavor of the food. An example of this would be found in sandwich cookies, processed crackers and margarine. Research has shown that trans fats in these oils may even be worse than saturated fat found in foods like meat. This raises our "bad" LDL cholesterol. The 2005 Dietary Guidelines for American recommends that the dietary intake of trans fat be "as low as possible."

Kraft, Taco Bell and KFC have begun phasing out artificial trans fats in the form of partially hydrogenated vegetable from their menus. The cities of New York and Los Angeles also have enacted policies reducing or eliminating trans fats from local restaurants, and a bill requiring disclosure of trans fats in Florida } **REVISED**
restaurants has been filed in Tallahassee for the 2007 legislative session.

**REVISED
H-16**

**ACTION PROPOSED BY
MR. RENIER DIAZ DE LA PORTILLA:**

That The School Board of Miami-Dade County Public Schools direct the Superintendent to:

- (1) prohibit the use of trans fats in all foods prepared in Miami-Dade County Public Schools by the 2007-2008 school year.
- (2) ensure that all food vendor contracts and food product supplier contracts which contain trans fats not be renewed upon their expiration and that they be replaced with products and foods that contain no trans fats.