

Dear _____:

I am a resident of your district and urge you to sponsor/support legislation that would phase out artificial trans fat in restaurants and other food-service facilities in our state.

Trans fat increases blood cholesterol and the risk of heart disease, the number-one cause of death for Americans. Harvard researchers recently estimated that each year trans fat has been causing 72,000 to 228,000 heart attacks, including roughly 50,000 fatal ones. For every year that our state waits to ban trans fat from restaurants, hundreds or **thousands of residents will suffer fatal and non-fatal heart attacks. Those illnesses and deaths are unnecessary, and many could be prevented by passage of a bill that would phase-out trans fat from area restaurants.**

Since January 2006, almost all packaged foods have been required to list the trans fat content on their Nutrition Facts labels. However, restaurants are exempt from such disclosure. Yet, residents in our state are getting about one-third of their calories from restaurants and cafeterias, and many such foods contain high levels of trans fat. While many of the large chains have switched to healthier oils, thousands of smaller restaurants still prepare foods with trans fat.

According to the nonprofit Center for Science in the Public Interest (CSPI), supplies of alternative, healthier oils have vastly increased over the last several years, and industry has the capability of meeting the needs as the demand increases.

Please let me know if you will sponsor/support legislation phasing out artificial trans fat.

Sincerely,
