



A Broken McPromise

Trans fat causes tens of thousands of heart-disease deaths each year. So why did McDonald's break its promise to eliminate trans fat from its cooking oil?

AN OPEN LETTER TO McDONALD'S USA CEO MIKE ROBERTS

Dear Mr. Roberts:

McDonald's has done a lot of things right. You've recently added some healthier menu items, and you've stopped supersizing fries and sodas.

But you broke an important promise you made in 2002 to your customers — a promise to eliminate trans fat from your cooking oil. You still fry in **partially hydrogenated vegetable oil**, making all of McDonald's fried foods unnecessarily high in trans fat — a potent promoter of heart disease.

According to Harvard professor Walter Willett, trans fat is a metabolic poison that increases the “bad” cholesterol and lowers the “good.” It is responsible for tens of thousands of heart-attack deaths each year, and possibly many times more than that. The Institute of Medicine says that any amount of trans fat increases the risk of heart disease and should be kept to a minimum.

Some of your European restaurants have already switched to trans-free cooking oils. But your broken promise puts your American customers at greater risk for heart attacks and early death. **Please keep your promise.**



TransFreeAmerica.org is a project of the Center for Science in the Public Interest, the nonprofit nutrition and food-safety watchdog group. The goal is to eliminate partially hydrogenated vegetable oil, the leading source of dietary trans fat, from the food supply.

Burger King, Wendy's, KFC, Krispy Kreme, Applebee's, and many other chains cook with this artificial ingredient despite the scientific evidence linking trans fat to heart disease. And while many food manufacturers are reformulating their products to reduce levels of trans fat, most restaurant chains aren't changing their oil. Learn more about trans fat — and help this campaign — at:

www.TransFreeAmerica.org