

A MEMORIAL

REQUESTING THE ENVIRONMENTAL IMPROVEMENT BOARD TO STUDY WAYS TO IDENTIFY THE TRANS FAT CONTENT IN RESTAURANT FOOD AND CONVEY THIS INFORMATION TO CUSTOMERS AND TO DEVELOP GUIDELINES FOR USE OF TRANS FATS.

WHEREAS, trans fat is a chemically created fat that is unhealthy for human consumption; and

WHEREAS, trans fat consumption should be kept as low as possible, according to the 2005 dietary guidelines for Americans, the American heart association, the American diabetes association, the world health organization and the national cholesterol education program; and

WHEREAS, consumption of trans fat raises bad cholesterol levels and lowers good cholesterol levels, causing arteries to become clogged and increasing the risk of developing heart disease and stroke, and is linked to obesity; and

WHEREAS, heart disease is the number one killer in the nation and New Mexico; and

WHEREAS, the annual death rate for heart disease in New Mexico is one hundred seventy-seven per one hundred thousand people, and at least sixty percent of New Mexico adults are overweight or obese; and

WHEREAS, at least twenty-seven percent of New Mexico high school students and twenty-four percent of children aged

two to five are overweight; and

WHEREAS, obesity acquired during childhood and adolescence is likely to persist into adulthood and increase the risk for a number of chronic diseases; and

WHEREAS, the food and drug administration now requires food companies to list trans fat content separately on the nutrition panel of all packaged foods, and nutrition labels now list any measurable amount of trans fat in a separate line on the total fat section under saturated fat; and

WHEREAS, trans fats used in cooking are not as easily assessed as those on packaged food labels; and

WHEREAS, lawmakers in at least thirteen states and numerous cities have enacted or introduced some kind of trans fat legislation; and

WHEREAS, some restaurant chains have voluntarily eliminated trans fats, as have the Ohio state university campus and the girl scouts;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE STATE OF NEW MEXICO that the environmental improvement board be requested to join with the New Mexico restaurant association study ways to identify the trans fat content in restaurant food and to convey this information to customers; and

BE IT FURTHER RESOLVED that the environmental improvement board be requested to develop workable guidelines

for the restaurant industry on ridding foods of trans fat and on recommended limits of trans fat content; and

BE IT FURTHER RESOLVED that copies of this memorial be transmitted to the chair of the environmental improvement board, the secretary of health and the New Mexico restaurant association.