



JOSÉ HUIZAR  
COUNCILMEMBER OF THE FOURTEENTH DISTRICT

## PRESS RELEASE

**FOR IMMEDIATE RELEASE**  
January 19, 2007

**CONTACT: ANGELICA URQUIJO**  
213. 473-5803/ 213. 219-8374

### **City and County of Los Angeles and California Restaurants Announce Partnership to Voluntarily Phase Out Trans Fats *New Collaboration to Improve Public Health***

City Hall—County Supervisor Yvonne Burke, City Councilmember José Huizar, and the Los Angeles Chapter of the California Restaurant Association today announced a groundbreaking partnership to voluntarily phase out the use of trans fats in Los Angeles Restaurants over the next 18 months.

This collaborative approach follows efforts by both the City and County of Los Angeles to protect the public's health by eliminating hydrogenated oils from the City's restaurants. The timeframe will allow for intensive outreach and education of both restaurants and consumers, and will set a coordinated planning process into motion.

Details will be worked out over the next few months, but could include a decal for restaurants that are certified as meeting restrictions on trans fat.

Councilmember Huizar—who introduced a Council Motion in December calling for City action—said, "Heart Disease is the public health crisis of our time. There is no doubt in my mind-- this critical effort will save lives."

"We want to encourage good health by promoting good eating habits," said Councilmember Tom LaBonge, who co-signed the council motion calling to limit trans fats in Los Angeles' eating establishments. "If we think of our bodies as a machine, the higher octane fuel we put in it, the better performance we get out of it. The same thing is true of food. The higher caliber ingredients, the better for our bodies."

The partnership plan also follows efforts by local and national restaurants to change to alternative oils.

Andrew Casana, spokesman for the Los Angeles Chapter of the California Restaurants Association, said, "The members of the California Restaurants Association are excited to be joining this partnership with both the County and City of Los Angeles to reduce the use of trans fats in food preparation."

Doctor Nerses Sanossian, Assistant Professor of Neurology at the University of Southern California, and spokesperson for the American Heart Association stated, "Trans fats may be

City Hall Office • 200 N. Spring Street, Room 425 • Los Angeles, CA 90012 • Phone (213) 473-7014 • Fax (213) 847-0680

Boyle Heights Office • 2130 E. First Street, Suite 202 • Los Angeles, CA 90033 • Phone (323) 526-3059 • Fax (323) 526-3066

Eagle Rock/Highland Park Office • 2035 Colorado Boulevard • Los Angeles, CA 90041 • Phone (323) 254-5295 • Fax (213) 485-8788

El Sereno Office • 5150 N. Huntington Drive, Suite 111 • Los Angeles, CA 90032 • Phone (323) 226-1646 • Fax (323) 226-1644



JOSÉ HUIZAR

COUNCILMEMBER OF THE FOURTEENTH DISTRICT

responsible for between 30,000 and 100,000 premature cardiovascular deaths per year in the United States. Eliminating the consumption of trans fatty acids would result in substantial health benefits and avert thousands of heart attacks and strokes each year in the United States.”

Also attending the press conference in support of plan were several restaurants that have already phased out trans fats, including M&Ms Soul Food (Leimert Park) and La Parilla Restaurants (Boyle Heights and Wilshire Blvd.); the American Diabetes Association; Keck Diabetes Prevention Initiative; and California Food Policy Advocates.

####

City Hall Office • 200 N. Spring Street, Room 425 • Los Angeles, CA 90012 • Phone (213) 473-7014 • Fax (213) 847-0680

Boyle Heights Office • 2130 E. First Street, Suite 202 • Los Angeles, CA 90033 • Phone (323) 526-3059 • Fax (323) 526-3066

Eagle Rock/Highland Park Office • 2035 Colorado Boulevard • Los Angeles, CA 90041 • Phone (323) 254-5295 • Fax (213) 485-8788

El Sereno Office • 5150 N. Huntington Drive, Suite 111 • Los Angeles, CA 90032 • Phone (323) 226-1646 • Fax (323) 226-1644

Computer Generated, Labor Donated