

PILOT<sup>®</sup> transEND<sup>™</sup> products are the innovative ingredients, providing quality solutions to today's discerning bakers.

**Features & Benefits**

- Virtually trans Fatty Acid Free (<1% trans fatty acids).
- An innovative option to assist in meeting the need for healthier products.
- Healthier options to deliver a product to meet this growing consumer demand.
- An opportunity to differentiate your products and broaden your range.
- Generally no change to plant and equipment.
- Proven performance of products to stand up against products with higher levels of trans.
- Rigorous testing through the development phase ensuring high quality performance.
- Easy distinction on pack for variants allowing easy warehouse picking and quick reference.

**cake margarine**



A 'virtually trans free' cake margarine. This versatile cholesterol free margarine offers excellent volume and creaming characteristics.

Code	Product	Description	Density	Format	Size	EAN #	Pallet/ Layer
0092118	PILOT <sup>®</sup> transEND <sup>™</sup>	Cake Margarine	Soft	Solid	15kg	19310047207545	60 / 12
0092097	PILOT <sup>®</sup> transEND <sup>™</sup>	Cake Margarine	Medium	Solid	15kg	19310047207552	60 / 12
0092096	PILOT <sup>®</sup> transEND <sup>™</sup>	Cake Margarine	Hard	Solid	15kg	19310047207569	60 / 12



**pie base shortening**



A premium cholesterol free shortening, ideal for pie bases. Offers year round consistency, clean taste, excellent dispersion and it's 'virtually trans free'.



Code	Product	Description	Density	Format	Size	EAN #	Pallet/ Layer
0093719	PILOT <sup>®</sup> transEND <sup>™</sup>	Pie Base Shortening	-	Solid	15kg	19310047207484	60 / 12



**pastry margarine gems**



A quality cholesterol free pastry margarine that is also 'virtually trans free'. It provides excellent plasticity and lamination qualities. With a low melting point it results in a consistent, clean tasting pastry, every time.

Code	Product	Description	Density	Format	Size	EAN #	Pallet/ Layer
0091854	PILOT <sup>®</sup> transEND <sup>™</sup>	Pastry Margarine	Medium	Gems	15kg	19310047207514	32 / 8
0091855	PILOT <sup>®</sup> transEND <sup>™</sup>	Pastry Margarine	Hard	Gems	15kg	19310047207521	32 / 8



PILOT<sup>®</sup> transEND<sup>™</sup> - Goodman Fielder's NEW range of 'virtually trans free' bakery margarines and shortenings, leading the way for today's bakeries.

# facts ON TRANS FATS

## WHAT ARE TRANS FATS?

- Trans fats (or trans fatty acids) are a type of bad fat in our diets.
- Small amounts of trans fats are found naturally – in butter, cream, fatty meats and other animal-based foods.
- However, most of the trans fats in our diets come from partially *hydrogenated vegetable oils*<sup>1</sup> – liquid oils that have been processed to turn them into a solid form.
- Partially hydrogenated vegetable oils are traditionally used to make commercial packaged biscuits, cakes, pastries and pies.
- Most table margarines and spreads available in Australia are virtually free of trans fats – check the label.

## HOW DO TRANS FATS AFFECT HEALTH?

- Scientific evidence shows that the consumption of trans fats increases bad cholesterol (LDL) and decreases good cholesterol (HDL)<sup>2</sup>.
- Trans fats are now recognised as being more harmful to heart health than saturated fat, due to their adverse effect on blood cholesterol levels<sup>2</sup>.
- Health authorities recommend that we reduce our intake of trans fats as much as possible.

## HOW MUCH TRANS FATS ARE AUSTRALIANS EATING?

- According to the latest National Nutrition Survey, saturated and trans fats averaged over 12.5% of total energy intake<sup>1</sup>.
- The National Health and Medical Council recommend 10% of total energy from saturated and trans fats.
- The Heart Foundation recommends that the intake of saturated plus trans fats should be no more than 8% of total energy intake<sup>3</sup>.

## HOW DO I REDUCE MY INTAKE OF TRANS FATS?

- Read the Nutrition Information Panels on food labels. These will give you information on the levels of saturated and trans fats in the food product.
- Look out for products with the Virtually Trans Free symbol.

<sup>1</sup> Australian Bureau of Statistics 1998. National Nutrition Survey 1995. Canberra: AGPS.

<sup>2</sup> Institute of Medicine of the National Academies. Dietary fats: total fat and fatty acids. Washington DC: The National Academy Press, 2002:335-432.

<sup>3</sup> National Heart Foundation of Australia. Policy statement on saturated and trans fats. Australian Journal of Nutrition and Dietetics 1999;56(4 Suppl): S3-S4.



## how does PILOT® transEND™ compare ?

### Meat Pie PIE TOPS

Ingredients	Quantity (g)	% (w/w)
margarine	906	25.72
high protein flour	1811	51.41
salt	14	0.40
water	792	22.48
<b>total</b>	<b>3523</b>	<b>100</b>

### ► Nutrition Information using standard pastry margarine

	per 100g
Energy	1800 kJ
Protein	8.6 g
Fat:	
- Total	21.4 g
- saturated	11.7 g
<b>- trans</b>	<b>1.23 g</b>
Cholesterol	NIL
Carbohydrates:	
- Total	49.8 g
- sugars	0.1 g
Sodium	560mg
All specified values are averages	

### ► Nutrition Information using PILOT® transEND™ pastry margarine

	per 100g
Energy	1800 kJ
Protein	8.6 g
Fat:	
- Total	21.4 g
- saturated	14.9 g
<b>- trans</b>	<b>0.2 g</b>
Cholesterol	NIL
Carbohydrates:	
- Total	49.8 g
- sugars	0.1 g
Sodium	575mg
All specified values are averages	

### Meat Pie PIE BOTTOMS

Ingredients	Quantity (g)	% (w/w)
margarine	2038	20.78
cake flour	5434	55.42
salt	127	1.30
milk powder	170	1.73
baking powder	57	0.58
water	1981	20.20
<b>total</b>	<b>9806</b>	<b>100</b>

### ► Nutrition Information using standard pastry margarine

	per 100g
Energy	1860 kJ
Protein	8.2 g
Fat:	
- Total	22.2 g
- saturated	8.8 g
<b>- trans</b>	<b>1.3 g</b>
Cholesterol	17mg
Carbohydrates:	
- Total	51.4 g
- sugars	0.9 g
Sodium	730mg
All specified values are averages	

### ► Nutrition Information using PILOT® transEND™ pie shortening

	per 100g
Energy	1860 kJ
Protein	8.2 g
Fat:	
- Total	22.2 g
- saturated	11.1 g
<b>- trans</b>	<b>0.2 g</b>
Cholesterol	NIL
Carbohydrates:	
- Total	51.4 g
- sugars	0.9 g
Sodium	730mg
All specified values are averages	