

**List of shortening used for baking**

<i>Name of Food Item</i>	<i>Portion weight (g)</i>	<i>Trans fat per portion weight (g)</i>
Lam Soon Shortening 3638	100	0
Lam Soon Shortening 3941	100	0
Phoon Huat Red Man Pastry Sheet Margarine	100	0.5
Phoon Huat Red Man Superwhip Margarine	100	0.4
Phoon Huat Red Man Margarine	100	0.1
Phoon Huat Red Man Shortening	100	0