



For Immediate Release
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Shoney's Local Restaurants Uses Trans Fat Free Cooking Oil

Knoxville, Tenn. – Shoney's of Knoxville, Inc. has cooked with trans fat free cooking oil since March 2006. With the increased interest in trans fat free cooking, focused primarily on the restaurant industry, Shoney's wanted to remind their loyal customers that they have had a tradition continually introducing new healthy options for more than 45 years here in Knoxville.

Shoney's had been using canola oil for many years, but with new dietary research, they changed to a 100% cottonseed canola oil earlier this year. President and CEO, Mr. Bill Baugh describes his commitment to quality. "Shoney's has always been concerned about our customers health, which is why we've offered the fresh salad, fruit and vegetable buffet for many years. Each time over the past 45 + years when a new health concern was raised, Shoney's has consistently responded quickly to our customers health concerns." Mr. Baugh added, "While switching to this new oil requires a considerable increase in cost to us, we felt it was more important to maintain the high quality of food our customer demands."

"The switch to trans fat free canola oil in cooking is an important step toward a heart-healthy diet," says Fort Sanders Medical Center Dietician Beth Booker. The American Dietetic Association recommends that the majority of dietary fat come from sources derived from oils in plants, from which canola oil is extracted.

Shoney's of Knoxville's award winning community outreach programs include "Eating and Living Healthy" a 11-year local partnership with East Tennessee Children's Hospital to help

elementary school students learn nutritional variety, balance and moderation. For more information about all of Shoney's of Knoxville's community programs, visit www.greaterknoxville-shoneys.com.

Shoney's of Knoxville, Inc. is a locally owned and operated franchise with 21 restaurants in 10 surrounding East Tennessee counties.

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