

TRANS FATS IN FOODS A NEW REGULATION FOR EU CONSUMERS

WHAT ARE TRANS FATS?

Trans fats are a particular type of fats that may be produced industrially as partially hydrogenated oils. Trans fats can also be naturally present in the fat of cows, sheep or goats, such as in meat or dairy products.

WHY IS IT A HEALTH CONCERN?

Heart disease is the leading cause of death in the Union and a high intake of trans fats seriously increases the risk of heart disease - more than any other nutrient on a per calorie basis. The European Food Safety Authority concluded that the intake of trans fats should be as low as possible while eating a healthy diet.

The risk of dying from **HEART DISEASE** is between **20 to 32%** higher when 2% of the daily eaten energy is consumed as trans fats as compared to different other fats or carbohydrates.

The World Health Organization recommends consuming no more than of the daily energy intake as trans fats

1%

For an adult consuming 2 000 kcal per day, this would mean not more than



2.2 grams per day

WHICH FOODS CONTAIN TRANS FATS?

Industrial trans fats levels have been decreasing in selected food groups in the past decades but not uniformly across European countries. In some European countries, industrial trans fats levels in pre-packaged biscuits, cakes and wafers have not dropped meaningfully since mid-2000.

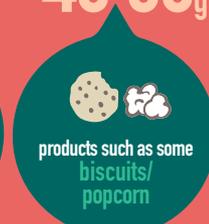
The majority of food products analysed in the EU contain less than 2 grams of trans fats per 100 grams of fat. In many of these the level is even below 0.5 grams trans fats per 100 grams of fat or trans fats cannot be found at all.

HOWEVER data also shows that there are still products on the European food market with high levels:

>2g*



40-50g*



*per 100g of fats

HOW HAS THE EU ADDRESSED THE PROBLEM?

Trans fats in industrially produced fats can be technically reduced and alternative fats and oils for food production exist, while the proportion of natural trans fats in animal fats is limited, relatively stable and reducing them is not possible. The EU has adopted - on 24 April 2019 - a new Regulation that strictly limits the amount of industrially

produced trans fat in all foods sold to EU consumers. The maximum limit corresponds to 2 grams of industrially produced trans fats per 100 grams of fat in food intended for the final consumer and food intended for the supply to retail. Foods must comply with this new Regulation by 2 of April 2021.