

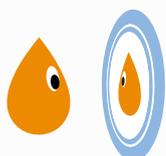


TRANS FAT

REDUCTION AND REPLACEMENT IN EUROPE

WHAT ARE TRANS FATS?

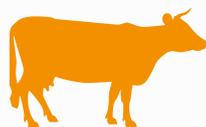
Trans fats (or *trans* fatty acids) are unsaturated fatty acids with at least one double bond in the *trans* configuration. The molecular chain forms a straight line, except with a small kink at the double bond site.



Consequently, *trans* fats have functional properties similar to those of saturated fats, including a higher melting point and long shelf life.



Trans fats can be formed as a result of manufacturing processes and during the natural biohydrogenation in the rumen of cattle and sheep.



USE AND HEALTH IMPACT

Trans fats have been widely used in the food industry since the 1950s.



In the early 1990s metabolic studies showed that consumption of *trans* fats raised LDL and lowered HDL cholesterol



There is now broad scientific consensus that *trans* fats have detrimental effects on cardiovascular health.

REDUCTION & REPLACEMENT



Industries & governments have taken rapid action to limit the intake of *trans* fats, by setting legal limits, dietary recommendations and/or voluntary measures.



Palm oil is pressed from the pulp of palm fruits and consist of equal amounts of saturated and unsaturated fats.



Palm oil has emerged as a versatile, cost-effective solution for replacing *trans* fats in products that require a solid fat for functionality.

CURRENT SITUATION IN EUROPE

Today, the average intake of *trans* fats in many European countries is below recommended thresholds and no longer a public health concern.



However, specific population groups may still be at risk as long as products with high levels of *trans* fat remain in the food market.

Efforts need to be continued to reduce *trans* fats in the last pockets of products or populations (mostly) in Eastern and South-Eastern European countries, where progress has not been equally fast.



The full version of the brochure '*Trans* fat reduction and replacement in Europe' can be found on our website:
www.palmoilandfood.eu

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