

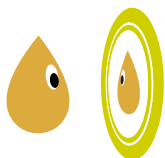


# Trans Fat

## Reduction and Replacement in Europe

### WHAT ARE TRANS FATS?

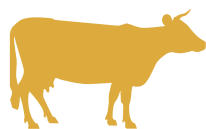
*Trans* fats (or *trans* fatty acids) are unsaturated fatty acids with at least one double bond in the *trans* configuration. The molecular chain forms a straight line, except with a small kink at the double bond site.



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

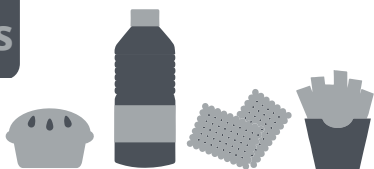


*Trans* fats can be formed as a result of manufacturing processes and during the natural biohydrogenation in the rumen of cattle and sheep.



### 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

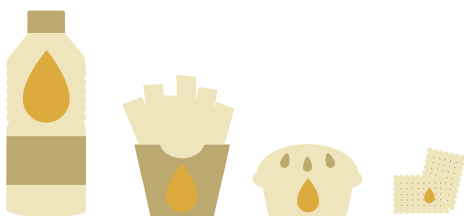


There is now broad scientific consensus that *trans* fats have detrimental effects on cardiovascular health.

## 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 consists 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 almost all European countries is below recommended thresholds and no longer a public health concern.



In 2019 the EU, supported by the industry, has issued legislation to limit the content of *trans* fatty acids (on fat basis) in foods to a maximum of 2%. An exemption is made for naturally occurring *trans* fatty acids from animal origin.

This legislation came into effect per May 15, 2019 with a transitional period until April 1st, 2021.



More information about palm oil and the replacement of *trans* fats can be found on our website:  
[www.palmoilalliance.eu](http://www.palmoilalliance.eu)