

## Press Note

Trans fats develop in hydrogenated vegetable oils due to the process of hydrogenation in them. Trans fats are the major concern for various diseases such as cardiovascular diseases, atherosclerosis etc. Also, it is found that the amount of trans fat tend to increase during frying of food products. Thus, in order to keep a check on the consumption of trans fat in food products, the limit of trans fat is being fixed in processed food products.

FSSAI has in principle decided to bring down the trans-fatty acids (TFA) in Vanaspati /bakery shortenings/margarine to less than 2% in a phased manner, that would effectively bring the level of trans fats to zero level in food in India. Many countries around the world, such as Denmark, Chile, Norway, Singapore, South Africa and Equador already limit trans-fat in all foods to 2%.

Recently, the UN Health Agency, WHO has given a call to eliminate industrially-produced trans-fat from the food supply by 2023 and has released an action package 'REPLACE' for the same.

While the regulations on limit of trans fats 3 % by weight, on and from 1<sup>st</sup> January 2021 and not more than 2 % by weight, on and from 1<sup>st</sup> January, 2022 in the fats/ oils are in the process of final notification, FSSAI has come with the draft regulations on the limit for trans-fat in processed food products also which proposes that ***"Food Products in which edible oils and fats are used as an ingredient shall not contain trans fatty acids more than 2% by weight of the total oils/fats present in the product, on and from 1st January, 2022."***

These draft regulations have been published in the Gazette of India inviting comments/ suggestion from the stakeholders within a period of 30 days and the same would be considered at the time of finalization of this regulations.