ELIMINATE TRANS FATS

WHAT ARE TRANS FATS?
Industrially produced trans fat are harmful fats formed when liquid oils are converted into solid fats by a chemical process called hydrogenation. Trans fat leads to blockage of arteries, resulting in heart attack and other cardiovascular diseases.

WHERE ARE TRANS FATS FOUND?
- **Fats/oils**: Vanaspati, Margarine, Bakery shortenings.
- **Bakery products**: Biscuit, fan, rusk, cake etc.
- **Fried foods**: Bhatura, poori, pakora, bhujia, fried savoury mixtures (namkeens), jalebi, imarti, boondi laddu, etc.
- **Re-heated oils**: Some trans fats are also formed when the same cooking oil is used for repeated frying.

WHY ARE TRANS FATS BAD?

1. Industrial trans fats are worst fats and estimated to cause more than 540,000 death worldwide each year.
2. Industrial trans fats have no health benefits.
3. Consumption of industrial trans fats leads to cardiovascular diseases and other related disorders.
How to Eliminate Trans Fats from Our Diet?

At Home
- Limit baked/processed foods like biscuit/fan.
- Avoid using “vanaspati” for cooking.
- Do not repeatedly reheat oil or re-use same oil for frying/cooking.

When Shopping
- Check the INGREDIENTS LIST on packaged food for words like “partially hydrogenated vegetable oil”, “hydrogenated vegetable oil” or “shortening” as these are the sources of trans fats.
- Avoid buying and consuming packaged food where “partially hydrogenated vegetable oil”, “hydrogenated vegetable oil” or “shortening”, is mentioned as any of the first three ingredients in INGREDIENTS LIST.
- Check the Nutrition Information Panel (NIP) on packaged food items.

When Eating Out
- Avoid foods that are prepared in vanaspati or margarine.
- Avoid consuming commercial fried foods like fried aloo chaat, french fries, samosa, bhatura etc. prepared in Vanaspati.
- Avoid baked/processed foods like cookies, chips, cake’s and patty.

Regulations on Trans Fats

India is committed to eliminate industrial trans fats in fats/oils and in foods containing fats/oils in a phased manner by 2022; India @75; Freedom from Trans Fats.

Current Status
- TFA regulation of 3% by weight in fats/oils by 2021 and to 2% by weight by 2022 in fats/oils is under process. The regulation is also being extended to food products having fats/oils.
- Draft Food Safety and Standards (Packaging and Labelling) Regulation for trans fats along with calories, saturated fat, added sugar and sodium to be displayed on the front of pack.
- Release of Trans Fat Free Logo for foods with trans fat not more than 0.2 g per 100 g of food. The logo should comply with the Food Safety and Standards (Claims and Advertisements) Regulations, 2018. ([https://fssai.gov.in/upload/advisories/2019/07/5d3b01c07b950Letter_TransFat_24_07_2019.pdf](https://fssai.gov.in/upload/advisories/2019/07/5d3b01c07b950Letter_TransFat_24_07_2019.pdf))