



POLICIES TO ELIMINATE INDUSTRIALLY PRODUCED TRANS FAT

TRANS FAT HAS BEEN LINKED TO HEART ATTACKS AND HEART DISEASE.

REPLACE, the WHO Action Package and guide to global elimination of trans fat, provides a six step action package including enacting regulations to strictly limit the amount of industrially produced trans fat in foods, fats and oils. Denmark was the first country to do this, passing a law in 2003 limiting industrially produced trans fat content in all foods to 2% of fats and oils. Denmark's law has become a template for other countries. Canada, Thailand, and the US have implemented regulations that ban partially hydrogenated oils, the source of industrially produced trans fat.

By the end of 2019, 28 countries will have implemented mandatory trans fat limits or bans on partially hydrogenated oils. An additional 24 countries have enacted mandatory trans fat limits that will come into effect over the next two years. The strength and enforcement of the regulations varies across countries, but many have led to large reductions in consumption. Most policies to date, however, have been implemented in high-income countries. Rising rates of heart disease in low- and middle-income countries underscore the need to expand elimination strategies globally.

Other, less effective policy options include mandatory labelling of trans fat content in packaged foods, coordinated voluntary reformulations of products, and bans on the sale of food containing industrially produced trans fat in certain settings (such as schools or hospitals).

NORTH AMERICA

Canada and the US have implemented nationwide bans on partially hydrogenated oils, the main source of industrially produced trans fat.

Canada and the US both require trans fat to be labelled on packaged food.

CENTRAL/SOUTH AMERICA

Argentina, Chile, Colombia, Ecuador, and Peru have set 2% limits for industrially produced trans fat in fats/oils, which in **Chile** applies to all foods. **Argentina, Colombia, Ecuador, and Peru** have looser limits for trans fat in food (5% of fats/oils).

Since the 2009 declaration of a "Trans Fat Free Americas," **8 countries in South America** have enacted mandatory labelling. This includes the MERCOSUR trade bloc countries (**Argentina, Brazil, Paraguay, Uruguay**) who approved mandatory labelling as a group in 2006.

EUROPE

Austria, Denmark, Hungary, Iceland, Latvia, Norway, and Slovenia have set best practice mandatory limits of industrially produced trans fat that apply to all foods (2% of fats/oils). **Switzerland** has a limit in fats/oils only.

Armenia, Belarus, Kazakhstan, Kyrgyzstan and Russian Federation (Eurasian Economic Union countries) have a regulation limiting trans fat to 2% of total fat content in fats/oils.

Uzbekistan has less restrictive trans fat limits.

In April 2018, the European Union passed regulations limiting trans fat to 2% of fats/oils in all foods, which will go into effect in all member states in 2021.

THE MIDDLE EAST

Iran (Islamic Republic of) has set a mandatory limit of 2% in cooking oils and 5% of fats/oils in other foods.

Bahrain and Saudi Arabia limit the maximum content of vegetable oils and spreadable margarines to 2% of the total fat, with a 5% limit of total fat content for all other foods. By the end of 2019, Saudi Arabia will enforce a second phase of its regulation, banning partially hydrogenated oils.

Bahrain and Saudi Arabia require labelling of trans fat on packaged foods.

ASIA

As of 2019, **Thailand** has banned partially hydrogenated oils.

Singapore set mandatory 2% limits for TFA in oils/fats.

In 2013, **India** implemented a mandatory limit of 10% trans fat in specific fats/oils. In 2017, the mandatory limit was reduced to 5% in fats/oils.

India, China, Philippines and the Republic of Korea require labelling of trans fat on packaged food.

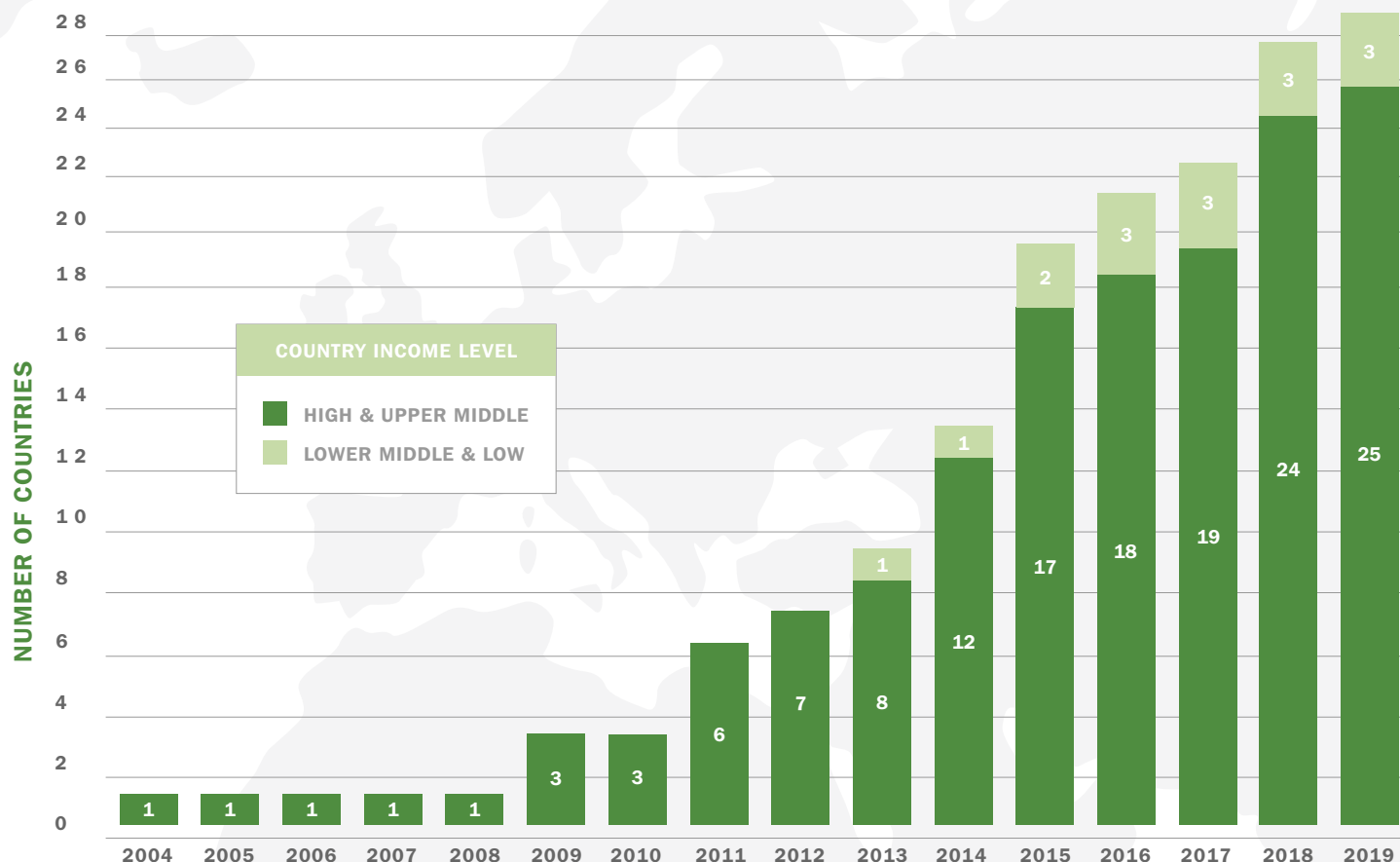
AFRICA

South Africa has best practice mandatory limits on industrially produced trans fat in foods, fats and oils.



TOTAL COUNTRIES WITH MANDATORY BANS OR LIMITS ON INDUSTRIALLY PRODUCED TRANS FAT

(by end of 2019)



GLOBAL SNAPSHOT MANDATORY BANS OR LIMITS ON INDUSTRIALLY PRODUCED TRANS FAT

LIMITS TRANS FAT TO 2% IN ALL FOODS

Austria
Chile
Denmark
Hungary
Iceland
Latvia
Norway
Slovenia
South Africa

BAN ON PARTIALLY HYDROGENATED OILS IN ALL FOODS

Canada
Thailand
United States

LIMITS TRANS FAT TO 2% IN FATS AND OILS AND TRANS FAT TO 5% IN ALL OTHER FOOD

Argentina
Bahrain
Colombia
Ecuador
Iran
(Islamic Republic of)
Peru
Saudi Arabia
Singapore

LIMITS TRANS FAT TO 2% IN FATS, VEGETABLE OILS AND MARGARINES

Armenia
Belarus
Kazakhstan
Kyrgyzstan
Russian Federation
Switzerland

LIMITS TRANS FAT TO 4% IN ALL FOODS

Uzbekistan

LIMITS TRANS FAT TO 5% IN FATS, OILS AND EMULSIONS

India