



POLICIES TO ELIMINATE INDUSTRIALLY-PRODUCED TRANS FAT CONSUMPTION

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. Brazil, Canada, and the US have passed regulations that ban partially hydrogenated oils, the source of industrially-produced trans fat.

By the end of 2018, 23 countries will have set mandatory limits on industrially-produced trans fat or banned partially hydrogenated oils. 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

By the end of 2018, both **Canada and the US** will 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 and Ecuador have set best practice limits for industrially-produced trans fat in fats/oils (2%), which in **Chile and Ecuador** apply to all foods. **Argentina and Colombia** 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.

Brazil passed a law prohibiting the use of partially hydrogenated vegetable oils in 2018, which will go into effect in 2021.

EUROPE

Austria, Denmark, Hungary, Iceland and Norway have set best practice mandatory limits of industrially-produced trans fat that apply to all foods (2% of fats/oils). **Latvia, Slovenia and Sweden** have passed similar limits that have not gone into effect. **Switzerland** has a limit in fats/oils only.

As of January 2018, a technical regulation entered into force in **Armenia, Belarus, Kazakhstan, Kyrgyzstan and Russian Federation** (Eurasian Economic Union countries) limiting trans fat to 2% of total fat content in fats/oils.

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.

Saudi Arabia limits 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. These limits will go into effect later in 2018.

Bahrain, Israel, Kuwait and Saudi Arabia require labelling on packaged foods.

ASIA

Singapore set best practice mandatory limits that applies to all foods (2% of fats/oils).

In 2017, **India** implemented a mandatory limit of 5% trans fat content in fats/oils only.

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

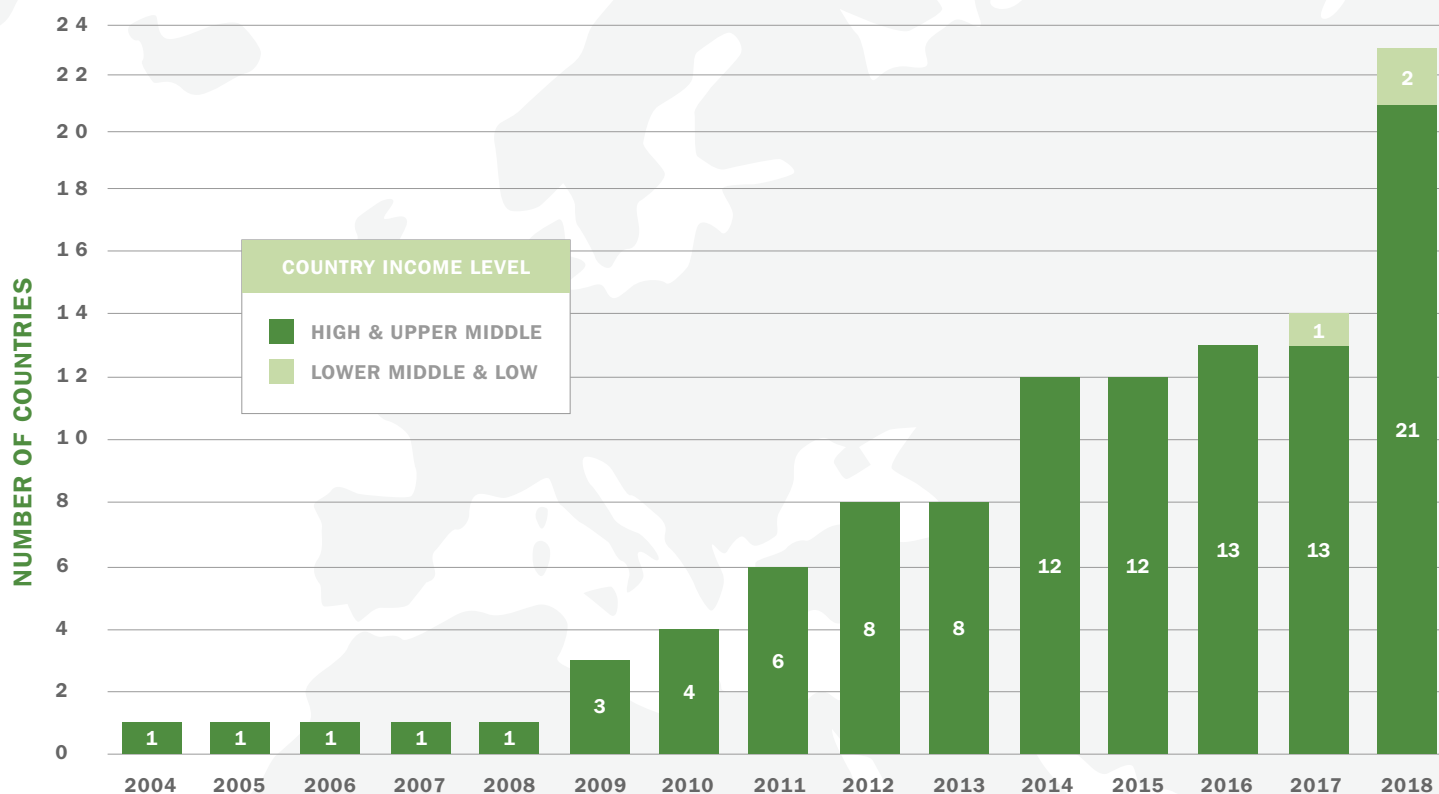
AFRICA

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 2018)



GLOBAL SNAPSHOT MANDATORY BANS OR LIMITS ON INDUSTRIALLY-PRODUCED TRANS FAT

LIMITS TRANS FAT TO 2% IN ALL FOODS

Chile
Denmark
Ecuador
Iceland
Norway
Singapore
South Africa

NATIONWIDE BAN ON PARTIALLY HYDROGENATED OILS

Canada*
United States*

LIMITS TRANS FAT TO 2% IN ALL FOODS WITH EXCEPTIONS

Austria
Hungary
Latvia*

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

Argentina
Colombia
Iran (Islamic Republic of)
Saudi Arabia*

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

Armenia
Belarus
Kazakhstan
Kyrgyzstan
Russian Federation
Switzerland

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

India

*Going into effect later in 2018