

## Technical Issues on Nutrition Labelling

### - Trans Fatty Acid -



## Background

- Trans fatty acid = Trans fat
- Chinese name - 反式脂肪(酸)、轉脂肪(酸)
- Unsaturated fat containing a trans double bond.
- Low level found naturally in milk and fat of sheep and cattle
- Main dietary sources – hydrogenated oils, such as shortening and margarines.

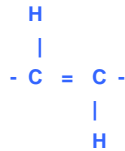


## Background (cont.)

### Formation

- During the hydrogenation process of turning oil from liquid form into semi-solid form, both reduction and migration of double bonds occurred, resulting in an increase in the amount of trans fatty acids

Trans Fat  
(i.e., trans fatty acids)



Hydrogen atoms are on opposite sides of the chain of carbon atoms at the carbon-carbon double bond.



## Background (cont.)

### Health Effects

- Properties similar to saturated fat
- LDL-cholesterol (so called “bad” cholesterol)
- HDL-cholesterol (so called “good” cholesterol)
- Thus, risk of coronary heart disease (CHD)



## Actions Taken on Trans Fat

1. Labelling of trans fat
2. Limiting the amount of trans fat in food products



## Labelling of Trans Fat

- Codex – Food/health authorities may require trans fat declaration when there is a claim on the amount and/or type of fat or the amount of cholesterol.
- Mandatory listing of trans fat on NL –
  - Canada, Brazil and Israel
  - USA, Argentina, Paraguay and Uruguay (2006)



## Limiting Trans Fat in Food Products

- Denmark (June 2003) – The amount of trans fat found in oils and fats, either alone or as part of processed foods, should not exceed 2 grams per 100 grams of food sold.
- Canada (October 2004) – A bill with similar requirements was submitted to the Parliament.



## Trans Fat Labelling in Hong Kong

- Tran fat is not included in the proposed core nutrient list.
- However, starting from Phase II – trans fat to be labelled when there is a claim on the amount and/or type of fat or the amount of cholesterol.



- ENDS -

