# Trans fats and its Regulation

***Prelims**: Current events of national and international importance | Social Development*

**Why in News?**

*Recently, the World Health Organization (WHO) at the 78th World Health Assembly in Geneva, officially recognised 4 countries for their outstanding leadership in eliminating industrially produced trans fats from their national food supplies.*

| **Trans fats** |
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| • They are ***unsaturated fats*** present in both *industrial and natural sources.*<br>• They are also known as *trans-fatty acids (TFA).*<br>• Both industrial and naturally occurring trans fats are equally detrimental to health.<br>• **Industrially produced trans fats** – They are commonly found in *baked goods* like biscuits, pies, fried foods, margarine, vegetable shortening and Vanaspati ghee, among others.<br>• They contribute to *over 278,000 global deaths annually.* |

- **Recognised countries** – ***Austria, Norway, Oman and Singapore***.
- The Director-General of the WHO, presented *validation certificates* to countries that effectively implemented best-practice policies and maintained robust monitoring and enforcement.

  *Countries must restrict trans fats to 2 grammes per 100 grammes of total fat or prohibiting partially hydrogenated oils, and also show strict enforcement and monitoring to qualify for the **WHO's validation programme.***

- **Targets** – WHO had set a target of covering countries that account for at least 90% of the global trans-fat burden with *best-practice polices by the end of 2025* and at least 70% within each region.
  - By May 2025, such policies were adopted by 60 countries, covering 46% of the world's population.
- **Challenges** – When WHO launched its call to eliminate industrially produced trans fats in 2018, *only 11 countries representing just 6% of the global population had adopted* best-practice policies.

- **Regulation in India** – In 2022, it enforced regulations *limiting trans fats in oils & fats* used in food products to no more than 2 %.
- The Food Safety and Standards (Prohibition and Restrictions on Sales) 2nd Amendment Regulations, 2021 placed India among the countries with best-practice trans-fat elimination policies.

- After Thailand, India was also led implementation of best practice policies in trans-fat elimination in Asia.
- **Significance of reducing trans-fat** - It can *eliminate the cause of 7% of cardiovascular diseases globally* and can help in achieving SDG of *reducing premature death from noncommunicable diseases* by a third by 2030.

**Reference**

Down To Earth| Recognising Best Practices of Reducing Trans fats

