

Trans fats down in two-thirds of food products, 2007 to 2011

June 11 2013



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(HealthDay)—Manufacturers have slowed in their reformulations of food products to reduce trans fatty acids (TFA), according to a study published online May 23 in the U.S. Centers for Disease Control and Prevention's *Preventing Chronic Disease*.

Fadar O. Otite, M.D., Dr.P.H., from the Harvard School of Public Health in Boston, and colleagues identified 360 brand-name products in major U.S. supermarkets that contained 0.5 g TFA or more per serving. [Product labels](#) were examined for TFA content in 270 of these products in 2008, 2010, and 2011. In 2011, ingredients were also examined for partially hydrogenated vegetable oils (PHVO).

The researchers found that, by 2011, 66 percent of the products had reduced TFA content. Eighty-two percent of the reformulated products (146 of 178) reduced TFA to less than 0.5 g per serving, although PHVO was still found in half of these 146 products. The mean TFA content decreased by 49 percent among all 270 products from 2007 to 2011. Over time, the mean TFA reduction slowed, from 30.3 percent in 2007 to 2008, to 12.1 percent in 2008 to 2010, and to 3.4 percent in 2010 to 2011 (P trend

"Because TFA consumption is harmful even at low levels, our results emphasize the need for continued efforts toward reformulating or discontinuing foods to eliminate PHVO," write the authors.

One author disclosed [financial ties](#) to the nutrition industry and was listed as a co-inventor for use of trans-palmitoleic acid to prevent and treat [insulin resistance](#), type 2 diabetes, and related conditions.

More information: [Full Text](#)

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Citation: Trans fats down in two-thirds of food products, 2007 to 2011 (2013, June 11) retrieved 5 May 2024 from

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