

Food industry asks for exemptions to trans fat phase out

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Shortening, pie crusts, brownies and microwave popcorn may be partially exempt from a government phase out of artificial trans fats—if the food industry gets its way.

The Food and Drug Administration announced in June that it is requiring food companies to largely rid their foods of the artery-clogging fats over the next three years, calling them a threat to [public health](#).

But a leading food industry group said Wednesday that it is petitioning the FDA to continue the use of [artificial trans fats](#) in hundreds of foods, from tiny amounts in breakfast cereals to larger amounts in shortening and pie crusts.

Trans fats are widely considered the worst kind of fats for your heart, even worse than saturated fats, which also can contribute to heart disease.

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