



Feedback from:

European Public Health Alliance

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Submitted by

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European Public Health Alliance

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Belgium

Initiative

[Industrial trans fats in foods – setting a legal limit](#)

The European Public Health Alliance (EPHA) welcomes the European Commission's intention to introduce a mandatory limit on trans-fats in food.

Limiting the content of industrially produced trans-fat to a maximum of 2 grams per 100 gram of fat is appropriate to minimise related health harms. It also aligns with existing measures introduced in several European countries, including Denmark, Austria, Hungary, Latvia, Slovenia and Lithuania.

The introduction of a legislative limit is firmly supported by evidence, which finds that a legal limit has the largest impact on reducing trans-fat consumption, and is probably the only option to effectively limit trans-fat intake in all population groups [1] [2].

Given the important health benefits to be achieved from this measure, EPHA urges all European

Union (EU) Institutions to ensure a speedy adoption. The long transition period proposed however is regrettable.

"strictly limiting prevalence of industrially produced trans fatty acids in all foods marketed in the EU could save about 50 000 lives every year. It may also save billions of euros in cardiovascular-related healthcare costs." [3]

[1] Downs et al. (2017) The Impact of Policies to Reduce trans Fat Consumption: A Systematic Review of the Evidence

[2] World Health Organization Regional Office for Europe (2015) Eliminating trans fats in Europe – A policy brief

[3] European Heart Network (2015) Trans fatty acids and heart disease

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