

TRANS FAT FREE

Poor lifestyle and diet along with consumption of trans fats; especially industrially produced (IP) trans fats is a major risk factor for heart diseases. Trans fats are usually found in vanaspati, margarine, bakery shortening, bakery products and fried foods etc. A small amount of trans fats also get generated when the same cooking oil is used for repeated frying. FSSAI has adopted a multifaceted approach to make India 'trans fat free' by 2022 in the 75th year of independence. FSSAI has released Regulations to limit the Trans fatty acids (TFA) content in vegetable fats, vanaspati, bakery shortening and bakery and industrial margarine and various food products and run public awareness campaigns to educate consumers.

Features

- 1 Regulations to limit trans fats
- 2 Digital Trans fat Free Logo
- 3 Pledges by food businesses to eliminate trans-fats
- 4 Engagement with food professionals for trans-fat free recipes
- 5 Engagement with scientists for trans-fat free alternatives

Resources



Stakeholders

