EUROPEAN DAIRY ASSOCIATION
ASSOCIATION LAITIÈRE EUROPÈENNE
EUROPÄISCHER MILCHINDUSTRIEVERBAND

PRESS INFORMATION

LABELLING OF NATURAL TRANS FATTY ACIDS?
Recent science confirms that habitual intake of naturally occurring Trans Fatty Acids does not have any negative health effects on heart health.

Brussels, 06 November 2008

The recently published results of the first two human intervention studies, designed to compare the health effects of industrially produced Trans Fatty Acids (iTFA) and those naturally occurring in dairy and meat (rTFA), conclude that the intake of rTFA at habitual intake does not show any negative health effects on heart health.

These studies used especially developed dairy products to simulate 'high' intakes since the rTFA levels used in the study are not feasible in real life, even in countries where dairy intake is high such as Denmark and the Netherlands.

In the study by Chardigny et al [(1)], presented earlier this year at the European Dairy Association's (EDA) TFA Policy Conference, the effects of two diets which provided approximately 5% of daily dietary energy either as iTFA or as rTFA were compared. In terms of rTFA, it should be stressed that it would not be possible to achieve a daily energy intake of 5% rTFA through normal consumption of dairy products.

The main finding of this study is that rTFA did not lower 'good' cholesterol, whereas iTFA did. This finding, and the fact that the amount of rTFA in foods is not a cause of concern at normal levels of intake, led the researchers conclude that rTFA does not negatively impact public health from a heart health perspective.

The study carried out by Motard-Bélanger et al. [(2)] compared a diet containing 'high' levels of rTFA or iTFA (3,6% of energy), with a diet with 'moderate' intake levels of rTFA (1,5% of energy) and a 'control' diet with minimal intake of TFA (0,8% of energy) from any source.

The rTFA intake level that the 'control' diet provides better reflects 'actual' daily rTFA intake in European diets (two to three portions of dairy per day) than the medium or high diets.

The main conclusion of this study was that the 'moderate' and 'control' rTFA diets did not change fat levels in blood and were therefore neutral in terms of risk factors of cardiovascular disease. As a result, the researchers concluded that intake of rTFA is not a public health concern from a heart health perspective.

Following the main conclusions of these two recent studies, it is clear that consumption of rTFA at habitual intake – and even at higher intake levels – does not have an impact on cardiovascular disease risk factors and, in consequence, on public health.

The EDA underlines that, within the context of the EU debate on labelling, rTFA in dairy products should not be considered for nutrition labelling. Furthermore, the EDA warns that labelling of rTFA will confuse the consumer and result in a lower consumption of dairy foods. This will in turn have a detrimental effect on public health because of the automatic reduction in the intake of essential nutrients that will occur with lower dairy intake.

14 rue Montoyer
1000 Brussels
Belgium

Tel +32 2 549 50 40
Fax +32 2 549 50 49
eda@euromilk.org

www.euromilk.org

EUROPEAN DAIRY ASSOCIATION
ASSOCIATION LAITIÈRE EUROPÈENNE
EUROPÄISCHER MILCHINDUSTRIEVERBAND

PRESS INFORMATION

References

(1) Chardigny JM, Destaillats F, Malpuech-Brugère C, Moulin J, Bauman DE, Lock AL, Barbano DM, Mensink RP, Bezelgues JB, Chaumont P, Combe N, Cristiani I, Joffre F, German JB, Dionisi F, Boirie Y, Sébédio JL. Do trans fatty acids from industrially produced sources and from natural sources have the same effect on cardiovascular disease risk factors in healthy subjects? Results of the Trans Fatty Acids Collaboration (TRANSFACT) Study. Am J Clin Nutr. 2008 Mar;87(3):558-66.
(2) Motard-Bélanger A, Charest A, Grenier G, Paquin P, Chouinard Y, Lemieux S, Couture P, Lamarche B. Study of the effect of trans fatty acids from ruminants on blood lipids and other risk factors for cardiovascular disease. Am J Clin Nutr. 2008;87(3):593-9.

ABOUT THE EUROPEAN DAIRY ASSOCIATION

The European Dairy Association represents the interests of dairy processors in the European Union.
The membership of the EDA consists of the national trade associations for dairy processors in each EU Member State.

FOR MORE INFORMATION

DR. JOOP KLEIBEUKER
EUROPEAN DAIRY ASSOCIATION
+32 2 549 50 43
+32 475 70 77 74
jkleibeuker@euromilk.org

CHRIS DECROIX
PEAK COMMUNICATIONS
+32 2 454 55 55
+32 498 51 33 56
chris.decroix@peakcom.eu