



EUROPEAN DAIRY ASSOCIATION
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PRESS RELEASE

Major outcome of the European Dairy Association's TFA Policy Conference: No scientific evidence on negative health effects from dairy TFA

Brussels, 13 February 2008 – *At the policy conference, organised yesterday by the European Dairy Association in Brussels and dealing with the effects of TFA (trans fatty acids) on human health, international scientists concluded that there is no scientific evidence on negative health effects from dairy TFA. EDA stated therefore, in the presence of more than 60 political and scientific stakeholders, that dairy TFA has no nutritional relevance and should not be taken into consideration for labelling or nutrient profiling for claims.*

The European Dairy Association organised yesterday its 2nd Policy Conference on TFA. At this half-day conference international scientists with expertise in lipid science shared the findings of the latest scientific research on the health effects of dairy TFA with more than 60 political and scientific stakeholders.

Adam Lock (University of Vermont, USA) stated that the biological effects of dietary fats are often oversimplified. He takes the statement that “*trans* fats are bad” as an example and clearly indicates that such a statement does not reflect current science and deplores that this ultimately leads to misinformation and confusion of the consumer. French INRA-professor **Jean-Michel Chardigny** presented the findings of first phase of the TRANSFACT project, a randomized cross-over study carried out with 40 adults and aimed at determining the differential treatment effect between ruminant (dairy) TFA and industrially produced TFA from vegetable origin. Main conclusions are that TFA from milk fat are different from industrially produced TFA on cardiovascular risk factors in humans and that there is no evidence that ruminant TFA have a negative effect on human health. When presenting the results of a recent observational study on intake of ruminant TFA and the related risk of coronary heart disease, **Marianne Uhre Jakobsen** from the Aarhus University Hospital found that intake of ruminant TFA is not associated with a higher risk of coronary heart disease, and that a high intake of ruminant TFA from dairy and meat products may be of no concern for public health.

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Frédéric Destailats from Nestlé's Research Center, replacing Bruce German from the University of California, highlighted that recent studies underline the unique biological effects of natural TFA. He focused on the fact that further research will give even better insights in the beneficial health effects of ruminant fats containing vaccenic and rumenic acid.

Finally, **Theo Ockhuizen**, Chairman of EDA's Nutrition Working Group, clearly stated that milk and dairy products should be promoted for their significant contribution to the nutrient supply such as, high quality protein and several key minerals and vitamins.

He underlined once more that there is no evidence on the negative effects of dairy TFA on human health and that, for the purpose of avoiding consumer confusion, dairy TFA should not be taken into consideration for labelling or nutrient profiling for claims.

About EDA

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.

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