

## WHO underlines the need to strengthen regulations on Trans Fat in India

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Disha Foundation called on the Indian government to reduce trans fats to 2% in all foods, and eliminate trans fats from Indian foods by 2023, as a newly released report by the World Health Organization confirms that more than 60,000 Indians die each year, the highest in the world, due to unnecessary overexposure to the toxic chemical, trans fat.

“The WHO report underscores the need for immediate action to eliminate industrially produced trans fat from our food supply,” said Dr. Anjali Borhade, President of Disha Foundation, “The Food Safety and Standards Authority of India must act now to limit trans fat to 2% of total fat in all foods.”

Industrially produced trans fat is a harmful chemical found in partially hydrogenated oils that may be used in vanaspati ghee and other baked, fried and packaged foods. Trans fat consumption increases the risk of cardiovascular diseases, the biggest cause of death around the world. More than 60,000 deaths, approximately, were attributable to high trans fat intake in India in 2010, according to the World Health Organization (WHO).

“Momentum is growing for the global elimination of industrially-produced trans fat, with nearly one third of the world’s population in 28 countries now protected from its harms,” said WHO Director-General Dr. Tedros Adhanom Ghebreyesus. “But more than two-thirds of the world’s population lacks protection from industrial trans-fat in their food. WHO stands ready to support elimination efforts in the remaining countries. We welcome industry commitments to reformulate and remove trans fat from their products.”

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India does not follow international best practices when it comes to regulating the amount of harmful and unnecessary trans fat in our food, WHO concluded in its first-ever global annual report on trans fat elimination, released today at the World Health Assembly in Geneva, Switzerland.