

Trans Fat in Canada—Virtually Eliminated

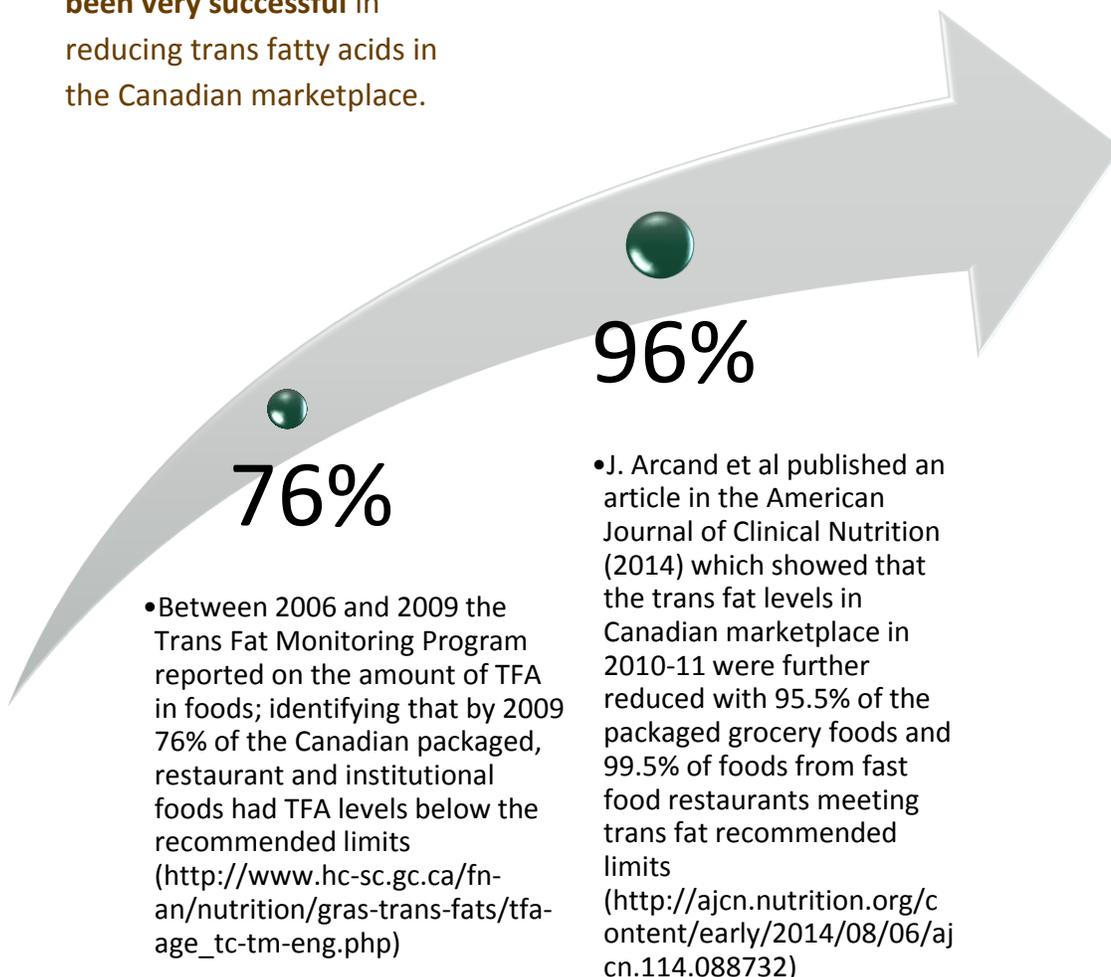
Trans Fat Levels in the Marketplace

In 2005 the Government of Canada assembled the Trans Fat Task Force which published the following **trans fat recommendations** in June 2006 (http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_rep-rap-eng.php):

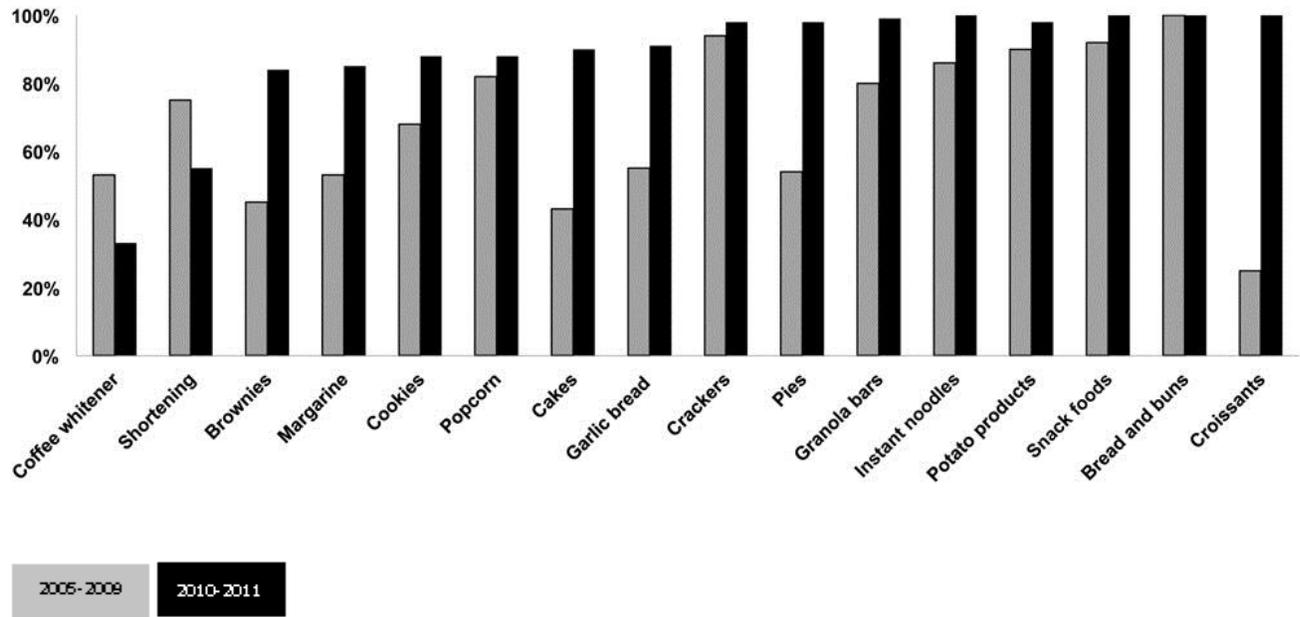
Trans Fat Recommendations:

- <2% of total fat from TFA in fats and oils
- <5% of total fat from TFA in other foods

The **voluntary approach has been very successful** in reducing trans fatty acids in the Canadian marketplace.



The following Figure is a summary of the proportion of packaged foods meeting Health Canada’s recommended trans fat limits.



Data are from the Trans Fat Monitoring Program (2005–2009) and the Food Label Information Program (2010–2011). J. Arcand et al. American Journal of Clinical Nutrition (2014)

Challenges to Eliminate Trans Fat and/or PHOs Completely from the Food Supply

There are two main sources of partially hydrogenated oils and trans fat in the Canadian food supply.

1. The first is from a number of **minor ingredients**, which are coated or encapsulated with partially hydrogenated oils (e.g., chocolate flavoured chips, butterscotch drops, blueberry flakes). These products are often imported. Member companies are attempting to determine whether these products can be supplied without PHOs. The contribution of trans fat from these products is less than the current recommendations.
2. The second source would be from small companies that do not have the staff or resources to reformulate and have opted to maintain the use of PHOs, often purchasing from distributors who import these products from the United States. It is estimated that this would be approximately 4% of the overall market.