

EUROPEAN PARLIAMENT TRANS-FATS RESOLUTION

SIGN UP!

Text of email addressed by BEUC Food Team to all Members of the
European Parliament on Wednesday 26 August 2010

Contact: Food Team – food@beuc.eu
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European Parliament trans-fats resolution – Sign up!

Dear Member of the European Parliament,

On Monday 19th April, a cross-party written Declaration on industrially produced trans-fatty acids (TFA) was put forward by 5 MEPs - Alyn Smith and Frieda Brepoels (Greens/ALE), Åsa Westlund (S&D), Marit Paulsen (ALDE) and Jim Higgins (EPP) - calling on the European Commission to limit industrially produced TFA to no more than 2% of the total fat content.

There are two types of TFA: on the one hand, natural TFA present in dairy products and meat for instance, and on the other hand, industrial TFA used in processed foods to enhance their texture and taste. The latter are harmful for health as they multiply the risk of cardiovascular disease. As pointed out by the Declaration, a 2% increase in intake of industrial trans-fatty acids is associated with a 23% increase in instances of heart disease. Industrial TFA are found in margarines, red meat, dairy products, fried and frozen foods.

Both the World Health Organisation and the European Food Safety Agency have recommended a reduction in the amount of industrial TFA in food products. Several countries have taken steps to reduce the consumption of TFA. In 2003, Denmark set an upper limit of 2% industrial TFA in foodstuffs and thus succeeded in eliminating industrial TFA from all food products. Similarly, Switzerland and the US have adopted regulatory measures to restrict the intake of TFA, while in the Netherlands and the UK, industry has taken voluntary measures to reduce TFA content or eliminate TFA from food products.

Based on the comprehensive evidence of the negative health impacts of industrial TFA and the success of the Danish ban in reducing TFA intake, BEUC contends that a restriction of industrial TFA would best serve the interests of public health in Europe.

We would urge you to protect consumers' health by **signing** the [parliamentary resolution](#). The deadline to sign the resolution is **9th September**.

We hope this is helpful and we would be glad to provide you with any further information or explanation that you might require.

Yours sincerely,

Monique Goyens
BEUC Director General
and
the BEUC Food Team