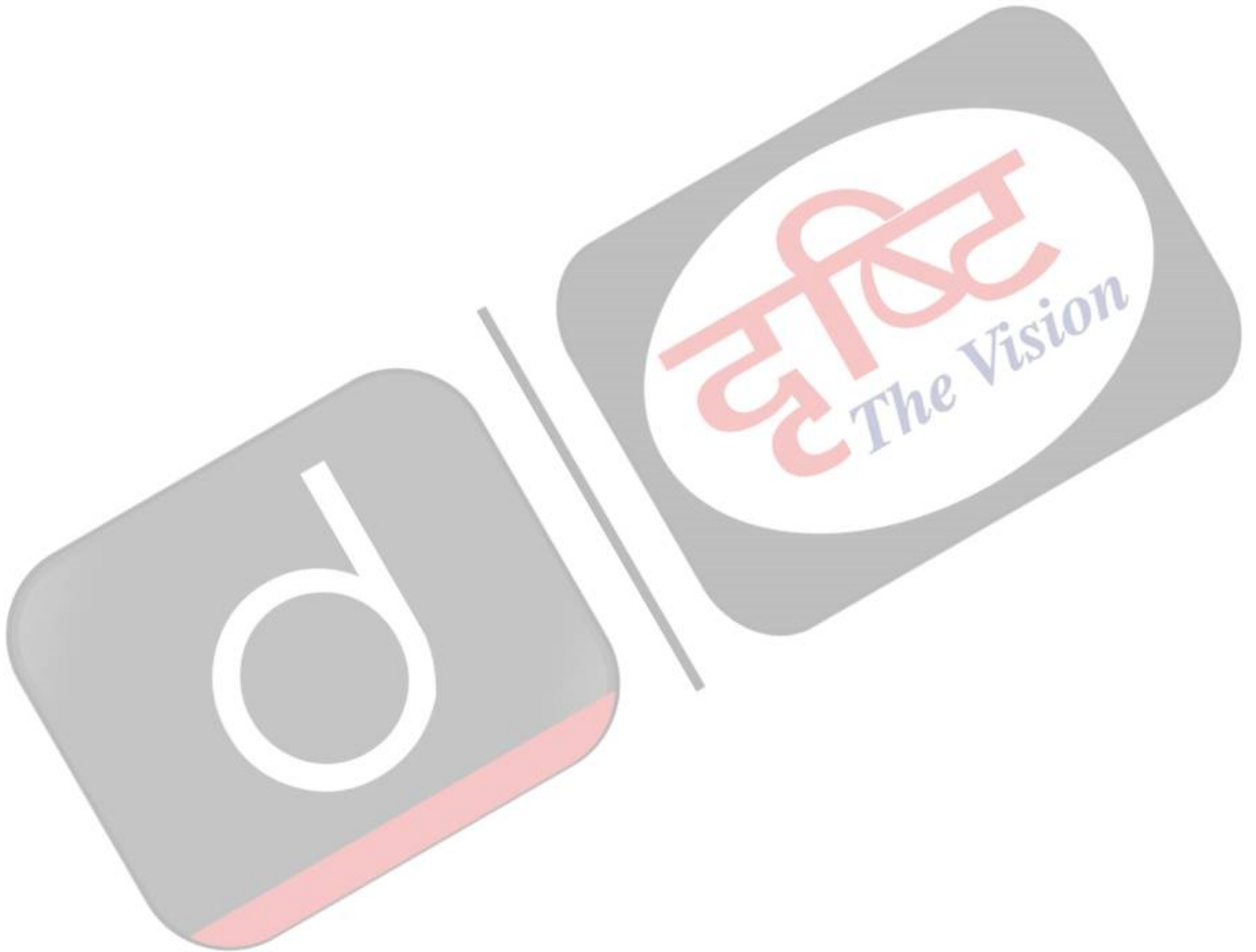




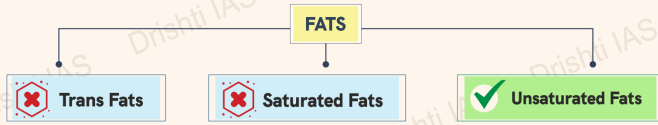
## Trans Fatty Acids

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# TRANS FATTY ACIDS (TFA)

These are unsaturated fatty acids that come from either natural or industrial sources.



<b>Fat</b>	A major source of energy and helps body absorb vitamin
<b>Unsaturated Fats</b>	Good fats; usually come in the form of liquid oils, not solid fats. <ul style="list-style-type: none"><li>From Plants (Vegetable oil, nuts, seeds)</li></ul>
<b>Saturated Fats</b>	Not as harmful as trans fats if consumed in moderation; generally take a solid form <ul style="list-style-type: none"><li>From red meat, butter, cheese, coconut oil, palm oil</li></ul>

- ➔ **Natural TFA:**
  - Beef fat and dairy fat in small amounts
- ➔ **Industrial TFA:**
  - Trans fats, also called partially hydrogenated oils, are created when hydrogen is added to vegetable oil to make it more solid.
  - E.g. Vanaspati, margarine and bakery shortenings
- ➔ **Issue Associated:**
  - Most harmful fats, increase disease risk, even if consumed in small quantities
  - ↑ bad LDL (low-density lipoprotein) and ↓ good HDL

## DEBATE ON TRANS FATS

### ARGUMENTS FOR:

- ➔ Natural form of trans fat **not** harmful to humans
- ➔ **Cheap and easy substitute** of Pure Ghee
- ➔ **Preserves food** for longer duration

### ARGUMENTS AGAINST:

- ➔ Worst type of fat for the heart, blood vessels, rest of the body
- ➔ Associated with obesity, infertility, certain types of cancers, high B.P.
- ➔ Saturated vegetable fats like palm, palm kernel, and coconut oils can be suitable alternatives

WHO estimates that 50,00,000 lives are lost due to premature deaths from coronary heart disease which are attributable to consumption of trans-fats.

### EFFORTS TO REDUCE TFA INTAKE:

- ➔ **By FSSAI:**
  - Goal of “Freedom from Trans Fat @75”
  - “Trans Fat Free” logo - Voluntary labelling to promote TFA-free products
  - “Heart Attack Rewind” - Mass media campaign to eliminate industrially produced trans fats
- ➔ **By WHO:**
  - **REPLACE Campaign** - Eliminate industrially produced trans fats by 2023
  - **Recommendation** - Set limits on industrially produced trans fat or ban partially hydrogenated oils

[Read more...](#)

