



## NEW CLINICAL RESEARCH CONFIRMS THAT NATURAL TRANS FATS ARE IN A LEAGUE OF THEIR OWN

**For further information, please contact:**

**Marylene Tucci, IDF Communications Officer** - Tel: +32 2 706 86 44, Fax : +32 2 733 04 13  
E-mail : [MTucci@fil-idf.org](mailto:MTucci@fil-idf.org)

Brussels, 10 March 2008 - The results of two new studies by Motard-Bélanger *et al* and Chardigny, Destailhats *et al* published in the March issue of the *American Journal of Clinical Nutrition*\* confirm that naturally-occurring trans fatty acids (TFA) in milk are perfectly safe as part of a healthy diet.

Many studies have shown that consumption of industrially-produced trans fats, formed during the partial hydrogenation of vegetable oil that converts the oil into semi-solids for a variety of food applications, could have negative effects on human health. However, the natural trans fatty acids found in dairy foods and beef, such as conjugated linoleic acid (CLA) and vaccenic acid (VA) have been shown to have heart-healthy and cancer-protective benefits.

"This is really good news for the dairy sector and for the public. We are confident that the occurrence of minute amounts of natural trans fat in dairy easily fit into a heart healthy diet and emerging research reveals that they may even benefit cardiovascular health. It is all the more important that the results from these studies be placed within the context of dietary guidelines and public health policy," said Christian Robert, IDF Director General.

An accompanying editorial by Willett and Mozaffarian from Harvard University pointed out that the critical public health question remains the identification of ways to reduce the intake of industrial TFA in a healthful and safe manner. As such, they urge continued efforts to eliminate consumption of industrially-produced partially-hydrogenated vegetable oils worldwide.

-----ENDS-----

### Note to editors:

- References to the two studies:

**Primary Article Reference** Motard-Bélanger A, Charest A, Grenier G, *et al*. Study of the effect of *trans* fatty acids from ruminants on blood lipids and other risk factors for cardiovascular disease. *American Journal of Clinical Nutrition*. 2008;87:593-599.

**Primary Article Reference** Chardigny J-M, Destailhats F, *et al*. Do *trans* fatty acids from industrially produced sources and from natural sources have the same effect on cardiovascular disease risk factors in healthy subjects? Results of the *trans* Fatty Acids Collaboration (TRANSFACT) study. *American Journal of Clinical Nutrition*. 2008;87:558-566.

**Corresponding Editorial Reference** Willett W, Mozaffarian D. Ruminant or industrial sources of *trans* fatty acids: public health issue or food label skirmish? *American Journal of Clinical Nutrition*. 2008;87:515-516.

- The International Dairy Federation is the pre-eminent source of scientific and technical expertise for all stakeholders in the dairy chain.
- Membership covers 53 countries and is growing; IDF accounts for about **82%** of the world's total milk production.