

## IDF WELCOMES THE CONCLUSIONS OF THE WHO SCIENTIFIC UPDATE ON TRANS FATTY ACIDS

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Brussels, 19 May 2009 – The trans fatty acids should be differentiated according to source, confirmed the World Health Organization (WHO) Scientific Update on Trans Fatty Acids (TFAs).

The TFAs that naturally occur in dairy products are different from those industrially produced. "Although ruminant TFAs cannot be removed entirely from the diet, their intake is low in most populations and to date there is no conclusive evidence supporting an association with CHD risks in the amounts usually consumed." highlighted the WHO report\*.

The conclusions also revealed that "controlled trials and observational studies provide concordant evidence that consumption of industrially produced TFA from partially hydrogenated oils adversely affects multiple cardiovascular risk factors and contribute significantly to increased risk of CHD events. They have no known health benefits and should be avoided."

Commenting on the release of the WHO results, Christian Robert, IDF Director General said: "We strongly support these results. They are in line with the message IDF has been advocating already for many years that TFA should be differentiated according to source. In recent years, IDF has been particularly active in this area through stimulating research and a close dialogue with key organizations world-wide. This is an important step to help us to further enhance consumer's confidence in our products."

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Note to editors:

- \* References to the published results of the WHO Scientific update:
  - **Health effects of *trans*-fatty acids: experimental and observational evidence**  
D Mozaffarian, A Aro & W C Willett  
Eur J Clin Nutr 2009 63: S5-S21
  - **WHO Scientific Update on *trans* fatty acids: summary and conclusions**  
R Uauy, A Aro, R Clarke, Ghafoorunissa, M R L'Abbe, D Mozaffarian, C M Skeaff, S Stender & M Tavella  
Eur J Clin Nutr 2009 63: S68-S75
- References to the two studies confirming that naturally-occurring trans fatty acids (TFA) in milk are perfectly safe as a part of healthy diet:
  - **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, Destailats 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.
- Growing IDF membership accounts for about **86%** of the world's total milk production.