

Advocating for Trans-Fatty Regulation: A Fact Sheet

What are Trans-Fatty Acids?

Trans-fatty Acids (TFAs) are a type of fat that can be found in various food sources. They are formed through a process called hydrogenation, which converts liquid oils into solid fats. TFAs have a unique chemical structure that includes at least one trans double bond in their fatty acid chain.

Sources of TFAs

Trans-fats can be found in both natural and artificial forms. Natural TFAs occur in small amounts in some animal-based foods like meat and dairy products.

However, the major concern lies with the artificial TFAs, also known as industrially produced TFAs or iTFAs, which are created during the hydrogenation process of vegetable oils.

High-Risk Food Sources

Several food items commonly consumed in Pakistan have high levels of TFAs.



Vanaspati ghee



Margarine



Bakery shortenings



Cooking oils used for deep-frying

Health Risks Associated with TFAs

Type 2 Diabetes

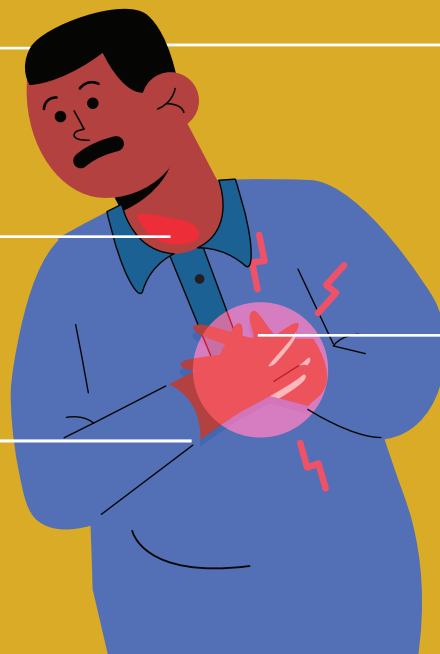
TFAs contribute to insulin resistance, leading to an elevated risk of developing type 2 diabetes.

Chronic Inflammation

TFAs promote inflammation in the body, which can contribute to various health problems.

Obesity

Consumption of TFAs is linked to weight gain and the accumulation of visceral fat.



Impaired Brain Function

Research suggests that TFAs may adversely affect brain health and cognitive function, increasing the risk of conditions like Alzheimer's disease.

Cardiovascular Diseases

High intake of TFAs is associated with an increased risk of coronary heart disease, heart attacks, and strokes.

International Recommendations

The World Health Organization (WHO) has called for the elimination of TFAs from the global food supply by 2023. They have provided the REPLACE framework, which encourages countries to:



Review dietary sources of TFAs



Assess and monitor TFAs content in food



Promote the replacement of TFAs with healthier alternatives



Legislate or enforce regulations to eliminate TFAs in dietary sources

Current Situation in Pakistan

Pakistan has the second-highest intake of TFAs in the WHO Eastern Mediterranean (WHO-EMRO) Region.

Harmonization of regulations across all jurisdictions within Pakistan is essential to ensure uniformity and effectiveness in reducing TFA intake.

The absence of urgent action against TFAs in Pakistan continues to increase the incidence of non-communicable diseases straining Pakistan's human and financial capital.

An estimated
\$2640 million
expended on
diabetes in 2021

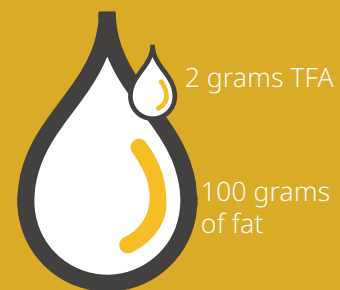
62 million
Pakistanis will be
living with diabetes
by 2045

The annual cost of
obesity in 2015 in Pakistan
was estimated at
PKR428 billion

Call to Action

Join us in demanding a mandatory national limit of **2 grams of industrially produced TFA per 100 grams of total fat in all foods across Pakistan.**

Let's work together to promote healthier food choices and a healthier future for all!



#TRANSFORMPakistan

#HealthAwareness

#FoodSafety

For more information visit <https://pyca.org.pk/> or follow us on social media.

