



## AN ACTION PACKAGE TO ELIMINATE INDUSTRIALLY-PRODUCED TRANS FAT FROM THE GLOBAL FOOD SUPPLY

### TRANS FAT FREE BY 2023

- › Industrially-produced trans fat is a man-made harmful compound found in foods, fats and oils.
- › Trans fat clogs arteries, and increases the risk of coronary heart disease.
- › Trans fat is responsible for more than a half million deaths around the world every year from heart disease.
- › Eliminating trans fat from the food supply and replacing it with healthier alternatives is feasible and is happening in many high-income countries.
- › The WHO REPLACE action package provides governments with a strategy to achieve the prompt, complete, and sustained elimination of industrially-produced trans fat from their national food supplies including six action areas.

#### THE SIX ACTION AREAS ARE:

REPLACE					
REVIEW	PROMOTE	LEGISLATE	ASSESS	CREATE	ENFORCE
dietary sources of industrially-produced trans fat and the landscape for required policy change	the replacement of industrially-produced trans fat with healthier fats and oils	or enact regulatory actions to eliminate industrially-produced trans fat	and monitor trans fat content in the food supply and changes in trans fat consumption in the population	awareness of the negative health impact of trans fat among policy-makers, producers, suppliers, and the public	compliance with policies and regulations

Eliminating industrially-produced trans fat from the world food supply and replacing them with healthier oils could save more than 500,000 lives per year.

The **REPLACE** action package provides countries with proven tools that will help them eliminate industrially-produced trans fat from their food supplies by the global target date – **TRANS FAT FREE BY 2023!**