

What you need to know

BAN ON PARTIALLY HYDROGENATED OILS

What are they?

- A key source of artificial trans fat
- Partially hydrogenated oils (PHOs) are solid at room temperature and prolong the shelf life of products
- They were first introduced into the food supply in the early 20th century as a replacement for butter and lard

When will the ban take effect?

June 2021

What the ban includes

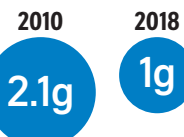
All foods sold in Singapore – manufactured locally or imported

- Fats
- Oils
- Pre-packaged foods

Trans fat limit set in 2013

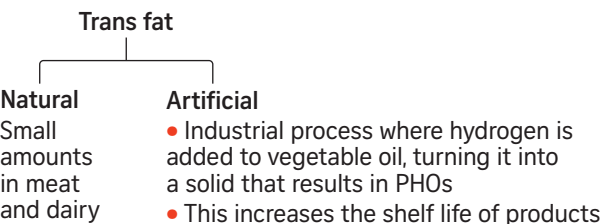
Up to 2%

Reduction in Singaporeans' average daily trans fat intake



FACTS ON TRANS FATS AND PHOs

Overview



Where trans fat is found

- Occurs naturally in minute amounts in animal and dairy foods
- Majority of trans fat consumed is from commercial products
- Food items labelled as trans fat free may not be so as guidelines permit products with less than 0.5g of trans fat per 100g to be labelled as trans fat free

Indulge at your own risk

- Trans fat increases the risk of developing heart disease and stroke
- It is associated with a higher risk of developing Type 2 diabetes



- It raises your bad (LDL) cholesterol level and lowers your good (HDL) cholesterol level

About 540,000

Annual deaths that can be attributed to the intake of artificial trans fat (2018 WHO report)

High trans fat intake increases the risk of...

Death from any cause by	Coronary heart disease deaths by	Coronary heart disease by
34%	28%	21%



Trans fat has **no known health benefits**

They are not a natural part of the human diet and are fully replaceable.



WORLD HEALTH ORGANISATION, on why trans fat is bad.

REDUCING INTAKE OF TRANS FAT

Why do companies use it?

- Easy to use
- Gives food a desirable taste and texture
- Inexpensive to produce
- Lasts a long time
- PHOs can be used for repeated frying

Some countries that have banned PHOs

United States, Canada and Thailand

Finding substitutes

Some tips from the American Heart Association:

- Use naturally occurring, unhydrogenated vegetable oils

such as canola, safflower, sunflower or olive oil more often

- Look for processed foods

made with unhydrogenated oil

rather than partially hydrogenated or hydrogenated vegetable oils or saturated fat

Alternatives to PHOs

- Safflower oil, corn oil, sunflower oil, soya bean oil, and oils from fatty fish, walnuts and seeds rich in polyunsaturated fatty acids
- Canola oil, olive oil, peanut oil and oils from avocados and nuts rich in mono-unsaturated fatty acids

High-risk food categories

Products	Examples
Baked goods	Sweet biscuits, cookies, cakes, pies and pastries
Fried food	Doughnuts
Snacks	Chips
Packaged meals	Frozen pizzas, instant noodles and ready-to-eat meals
Spreads and creamers	Peanut butter, chocolate spread and three-in-one drink mixes