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**Bund für Lebensmittelrecht  
und Lebensmittelkunde e. V.**

# Trans Fatty Acids - the German Initiative

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Brussels, 9th February 2012



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- **1. Background**
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- **Food industry in Germany has already been successful in reducing TFA from partly hydrogenated fat substantially in many products during the last 20 years, e.g. in frying fats and spreadable plant fats, particularly with regard to margarines, potato products and bakery products.**
  
- **Methods**
  - Fully hydrogenation
  - Improving conditions for hydrogenation
  - More use of alternative fats

## 1. Background: Situation in Germany – TFA levels

- Data of the National Health Survey 2005-2006 (NVZ II) and National Food Monitoring Survey 2008-2009



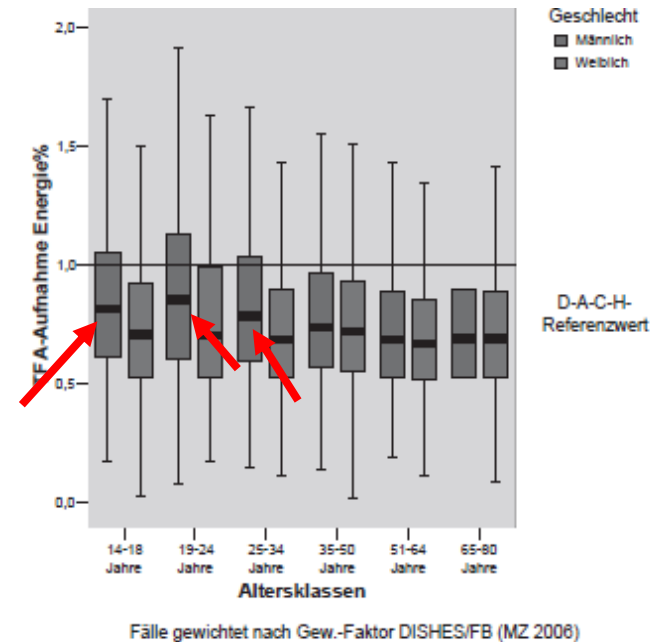
In 2009 **the average intake** of trans fatty acids in Germany's population was **0,77% - 0,92%** of total energy input – women slightly lower intake compared to men



within the recommendation of the German Association of Nutrition (DGE), but with a closer look



**20%** of the mean population and **30%** in young people & adults between 14-34 years old are heavy consumers of TFA and eat **more than 1% of total energy input**



## 1. Background: Situation in Germany – TFA levels

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- Average intake of TFA below recommendations from German Association for Nutrition (DGE)
  - no public health concern
  - but **young people** are heavy **consumers with more than 1% TFA of the daily amount of total energy consumption**
  - mainly caused by consumption of non-ruminant industrial TFA in some product groups

## 1. Background: Situation in Germany – TFA levels

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- **Data from**
  - National Food Monitoring Survey 2008-2009
  - University of Jena
  - German Institute for Risk Assessment (BfR) and
  - National Health Survey 2005-2006 (NVZ II)



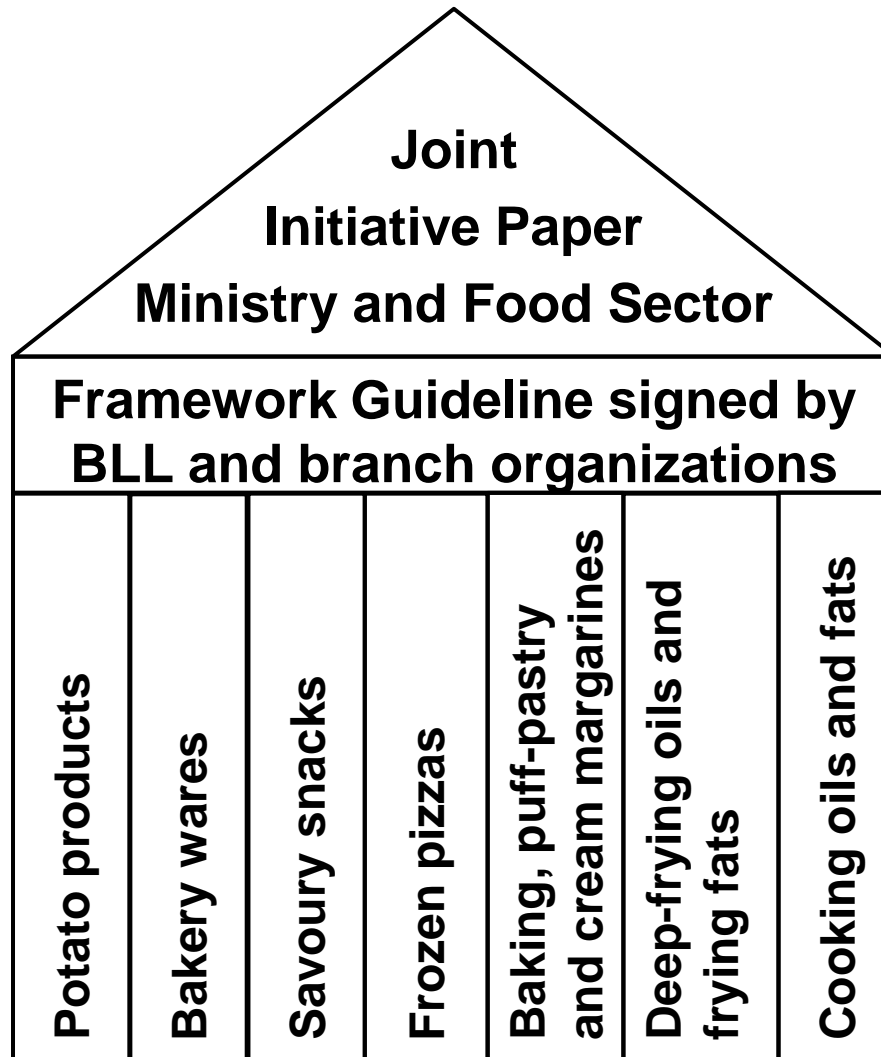
**Federal Ministry of Nutrition, Agriculture & Consumer Protection (BMELV) calls for action in 2010**

- **2010 - Dialogs started between federations, industry, science representatives and Federal Ministry of Food, Agriculture & Consumer Protection (BMELV)**
  - BMELV approved efforts from industry to successfully reduce TFA in food products substantially e.g. in frying fats, spreadable plant fats, esp. margarines
  - Therefore BMELV does not aim for legal regulation but for further optimizing this process
- **First steps:** Creating a working-group under the leadership of Max Rubner Institute with the aim to optimize the process and answer open questions like
  - What could be possible starting points?
  - Are there existing limitations to reduce TFA in food products with high TFA levels?
- **Results:** There are possibilities for substitution of partially hydrogenated fats in almost all product groups (most already implemented by industry for snack products, fine bakery products and potato chips)
- **Starting point:** Prepare a principle guideline (like CIAA Tool Box Acrylamid)

- **2011 - Structured regular meetings to work on draft principle guide almost every two months with all stakeholders from**
  - Federations, Industry
  - Federal Ministry of Food, Agriculture & Consumer Protection
  - Max Rubner Institute
  - German Institute for Risk Assessment
  
- **End of 2011 / Beginning 2012**
  - **A final document** (Initiative Principles, General Principles, Product Guidelines) that everybody could agree with **was established!**
  
- **Early 2012**
  - Last steps to publish the “TFA-Initiative“

**Joint initiative of the German Food Sector and the Ministry of Nutrition, Agriculture and Consumer Protection (BMELV) concerning “Guidelines to minimize TFA in food”**

- Giving practical recommendations to industry how to further reduce non-ruminant (industrial) TFA in food



**signed by the branch organizations**

- **Initiative to reduce non-ruminant trans fatty acids in food**
  - **Joint Initiative Paper**
    - two pager - short version of general principles
    - for press release
    - signed by all stakeholders
  - **Framework Guideline / General Principles**
    - detailed information on the initiative with backgrounds, aims and strategy
    - followed by product guidelines
  - **Product Guidelines**
    - detailed information and recommendations for the implementation in special product categories

- **Joint Initiative Paper**

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- Introduction → Background
- Status quo → Current TFA intake in the German population
- Goals → Purposes of the initiative to reduce non-ruminant trans fatty acids in food
- Barriers → In implementation to reduce TFA (in law, labelling declaration, consumer information, technological aspects)
- Declaration → Recommendation by the different associations to their members to implement the guidelines

## ■ Framework Guideline / General Principles

### INDEX

- Preamble → What is the background of the initiative?  
Why do we act now? How is the situation in Germany?  
Who is the addressed target group?
- Background → What are trans fatty acids?  
What are methods for TFA determination?
- Description → What are examples for functional and technological aspects in the use of partly hydrogenated fatty acids?
- Status quo → What is the current situation of TFA in food?  
How high are TFA levels in food products?
- Goals → What is the general target for reduction of TFA?  
What are further goals?
- Strategy → How can we reach the goal?

- **Product Guidelines**
  - Concrete demands and management options (planned or already implemented) by the branch associations

- **Product Guidelines**

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- Guidelines for the potato processing industry
- Guidelines for fine bakery wares
- Guidelines for savoury snacks
- Guidelines to reduce TFA in frozen pizzas
- Guidelines to reduce TFA in baking, puff-pastry and cream margarines
- Guidelines to reduce TFA in deep-frying oils and frying fats
- Guidelines to reduce TFA in cooking oils and fats

### Stakeholders



Der Backzutatenverband  
Berlin • Wien



Bund für Lebensmittelrecht  
und Lebensmittelkunde e.V.



## 4. Status of the Project / Outlook “Hot Topics”

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- **Self-commitment or declaration?**

- Joint initiative of the food sector and Federal Ministry of Nutrition, Agriculture & Consumer Protection (BMELV)

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- **BMELV considered TFA as a process contaminant (EU regulation (EWG) Nr. 315/93)**

Therefore BMELV called for substitution of partially hydrogenated fats in line with the ALARA Principle (As Low As Reasonably Achievable)

**First discussion end 2011:**

Orientation ALARA Principle and reduction with 2% TFA as target in products, if technological possible and reasonable

**but problem:**

Impossible for some product categories to achieve the 2% TFA target

**Final solution early 2012:**

In several but not all product guidelines 2% TFA target were defined

## 4. Status of the Project / Outlook “Hot Topics”

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- **Optional labelling of TFA** → Based on the present initiative industry calls government for action for getting the possibility to inform those, who use oil and fat, to recognize the TFA reduced raw materials!
  - Statement of the food associations in Initiative Principle Paper: call for action in next three years and eliminate legal obstacles

- **Outlook for 2012**
  - **Final approval** of guidelines within the membership of federations and Ministry
  - **Publication of the guidelines** under the direction of BLL (Bund für Lebensmittelrecht und Lebensmittelkunde e.V.), the leading association of the German food sector
  - **Distribution** to all relevant food sectors
  - **Increasing awareness** within all relevant parts of the food sector
  - Start of **regular reports** about industry measures by BLL to the Ministry

**Thank you for your attention!**