

USDA Foreign Agricultural Service

GAIN Report

Global Agricultural Information Network

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EU Sets Limit for Trans Fats

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Approved By:

Jennifer Lappin

Prepared By:

Sophie Bolla

Report Highlights:

In April 2019, the European Union set a limit for trans fats in food products, excluding trans fats naturally occurring in fat of animal origin. This limit is set at 2 grams per 100 grams of fat.

General Information:

On April 25, 2019, the European Union (EU) adopted [Regulation 2019/649](#) “as regards trans fat, other than trans fat naturally occurring in fat of animal origin.” This Regulation amends Part B of Annex III of [Regulation 1925/2006](#) “on the addition of vitamins and minerals and of certain other substances to food.”

The new Regulation sets a limit a **2 grams of trans fat per 100 grams of fat**, other than trans fat naturally occurring in fat of animal origin. The Regulation applies to food intended for the final consumer and food intended for retail supply. For food not intended for the final consumer or retail supply, Regulation 2019/649 requires food business operators to ensure that their consumers are provided with information on the amount of trans fat for products where the amount exceeds the limit. Food that does not comply with Regulation 2019/649 may continue to be placed on the market until April 1, 2021.

Member States such as Austria, Denmark, Latvia, Hungary and Sweden had already set national limits. This Regulation will harmonize the limit at the EU level.

FoodDrinkEurope, the umbrella organization representing the EU food industry, [welcomed](#) the adoption of the Regulation and committed to further encourage and support companies who may face technological challenges to comply with the Regulation.

Background:

In December 2015, the European Commission published [a report on trans fats](#) in foods, which called for the establishment of a trans fat limit at the EU level.

In the United States, the U.S. Food and Drug Administration (FDA) published its final determination in 2015 that partially hydrogenated oils (PHOs) are not generally recognized as safe. PHOs are the primary dietary source of artificial trans fat in processed foods. PHOs will be banned for use in food in the United States as of June 2019.