

# **Trans Fatty Acid Content of Selected Food on the Swedish Market**

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Dietary fats in food are a major concern because their association with obesity, coronary heart disease, cancer or other chronic diseases. The intake of trans fatty acids is associated with a higher risk of cardiovascular disease. Main sources of trans fatty acids are plant oils altered by partial hydrogenation and ruminant fats.

In Sweden no maximum level or labelling of trans fatty acids content on the food products are mandatory. For many years there have been discussions between National Food Administration and the food producers aiming to replace fats containing trans fatty acids with healthier fats without need for regulations. To get an updated picture of the trans content in food products on the Swedish market samples were analysed during May 2007. Food products known to be rich in trans fatty acids and with a high fat content were selected. Samples of bakery products, biscuits, cakes, wafers, crackers, crisp rolls, confectionary products, meat pies, dairy free products and microwave popcorn were bought from retails or from food producers during March and April 2007.

Trans fatty acids were determined by gas chromatography. In general trans fatty acids content was low. Only a few food products contained trans fatty acids above 1% of the fat. The analysis of this selected food products have shown that the National Food Administration policy to minimize trans fatty acid levels through a dialogue with the food industry to some extent has been successful. But still there are some food products on the Swedish market with high trans fatty acid content.