

FOI

From: Secretariat
Sent: Wednesday, 1 April 2015 10:03 AM
To: FOI
Subject: FW: Papers for the Forum 1 meeting - Item 3.2 trans fatty acids [SEC=UNCLASSIFIED]
Attachments: Item 3.2 Draft Forum agenda paper.docx; Item 3.2 Attachment 1 FSANZ Technical Evaluation.docx; Item 3.2 SD1 to Attachment 1 Analytical survey.docx; Item 3.2 SD2 to Attachment 1 FSANZ Industry Survey.docx; Item 3.2 SD3 to Attachment 1 Systematic Review.docx; Item 3.2 SD4 to Attachment 1 Narrative review.docx; Item 3.2 Appendix 1 to SD4.docx; Item 3.2 Appendix 2 to SD4.docx
Importance: High

From: Secretariat
Sent: Monday, 8 December 2014 9:40 AM
To: foodregulationsecretariat@health.gov.au
Cc: Secretariat; [REDACTED]; [REDACTED]
Subject: FW: Papers for the Forum 1 meeting - Item 3.2 trans fatty acids [SEC=UNCLASSIFIED]
Importance: High

Morning Food Secretariat

Please find attached Item 3.2 Trans Fatty Acids for Forum 1. Please also note the advice below.

Note that in response to comments at the FRSC meeting we have added a new paragraph in the **Forum agenda paper** (yellow highlight) and made some changes in the **Technical Evaluation** (page 9 not tracked).

Please use the attached versions of all the documents as some formatting changes have been made.

Thanks [REDACTED]

[REDACTED]
Secretariat Assistant
Food Standards Australia New Zealand
[REDACTED]

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Australia and New Zealand Ministerial Forum on Food Regulation (Forum)
Convening as the Australia and New Zealand Food Regulation Ministerial Council (ANZFRMC)

30 January 2015

Agenda Item No.: 3.2

Document No.:

Originator: FRSC

**MANDATORY DECLARATION OF TRANS FATTY ACIDS –
RECOMMENDATION 13**

RECOMMENDATIONS

THAT MEMBERS:

1. **NOTE** the technical evaluation on labelling review Recommendation 13 (Mandatory declaration of trans fatty acids in the nutrition information panel) prepared by Food Standards Australia New Zealand (FSANZ) at [Attachment 1](#).
2. **AGREE** to make the technical evaluation ([Attachment 1](#)) and associated attachments available to the public on the FSANZ website.

ACTION REQUIRED

- For discussion and decision.

ISSUES FOR DISCUSSION

- In its report *Labelling Logic: Review of Food Labelling Law and Policy (2011)* (Labelling Logic), the independent review panel recommended that *mandatory declaration of all trans fatty acids above an agreed threshold be introduced in the nutrition information panel if manufactured trans fatty acids have not been phased out of the food supply by January 2013* (Recommendation 13).
- In the Forum's response to Labelling Logic, FSANZ was asked to provide technical evaluation and advice on Recommendation 13. Specifically, the Forum noted that industry had already achieved a significant reduction in trans fatty acids (TFAs) and that the level of TFAs in the Australian diet is well below the at-risk level. On that basis, the Forum questioned whether a deadline for a complete phase out was actually required.
- In response to the Forum's request for technical evaluation and advice, FSANZ has undertaken the following activities:
 - an analytical survey, coordinated by the Implementation Subcommittee for Food Regulation (ISFR), of the trans fatty acid (TFA) content of Australian and New Zealand foods
 - an industry survey on initiatives to reduce TFAs in foods
 - two commissioned literature reviews on the health effects of TFAs: a systematic literature review on the relationship between the intake of TFAs and blood cholesterol levels and a narrative review of the relationship between TFA intake and other possible adverse outcomes including cancer and type 2 diabetes

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- a comparison of current provisions in the *Australian New Zealand Food Standards Code* (Code) for the declaration of TFA content on food labels and those in the United States of America, Canada, and the European Union
- preliminary consideration of technical issues related to the declaration of TFA content on food labels in Australia and New Zealand, including the threshold approach.
- FSANZ's technical evaluation report is at Attachment 1. The key findings are as follows:
 - While TFAs were detected in most product categories, the median concentrations of TFAs in 500 foods sampled in Australia and New Zealand in 2013 were generally low. Excluding foods likely to contain naturally-occurring ruminant TFAs (e.g. dairy, meat), approximately 86% of the foods had TFA concentrations below 2 g/100 g fat, the limit adopted for manufactured TFAs in Danish legislation in 2003.
 - On the basis that the analytical results did not show an increase in TFA concentrations from previous surveys, dietary intake of TFAs is likely to remain low and below the World Health Organization (WHO) recommended level of 1% dietary energy in both Australia and New Zealand.
 - Recently released data from the Australian 2011–12 National Nutrition and Physical Activity Survey also suggest TFA intake remains low, with the mean intake of all Australians 2 years and above estimated to be 1.4 g/day or 0.6% of dietary energy. Dairy and meat food groups, together with butters and dairy blends, contributed more than half of this intake, showing ruminant TFAs continue to be the major source of TFAs in the Australian diet.
 - Current estimates of the distribution of TFA intakes for age/gender groups across the Australian and New Zealand populations are not available. In 2009, FSANZ estimated the 95th percentile for total TFA intake to be 1.1% and 1.2 % of dietary energy for the Australian (17 years and above) and New Zealand (15 years and above) populations, respectively. Given the continued low level of TFAs in foods and the recent population mean estimate of TFA intake in Australia of 0.6% of dietary energy, it is unlikely there has been a large increase in TFA intakes among those with above average intakes.
 - The 2013 FSANZ industry survey indicates that the survey respondents were generally actively maintaining a low TFA content of their foods. Some respondents were undertaking on-going work to make further reductions in TFAs. It is not possible to extrapolate the findings of the study to the food industry because of the small number of respondents and the convenience sampling approach.
 - The findings from the systematic review, incorporating new evidence published between 2010 and 2014, are consistent with previous research demonstrating a causal relationship between intake of dietary TFAs and detrimental changes in blood cholesterol levels. The review also indicated that any further reduction in TFA intakes in Australia and New Zealand may produce only minor improvements in blood cholesterol levels.

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- In 2009, FSANZ updated its 2007 review and concluded that several cohort studies showed a direct association with TFA intake and risk of cardiovascular disease. It was also found that other TFA and disease relationships were less well established and required further research before they could be accepted or refuted. The 2014 narrative review did not find any new evidence that would change this conclusion.
- On the basis of its technical evaluation, FSANZ advises that given the low level of TFAs in the foods sampled in Australia and New Zealand, the small number of people with intakes above the WHO goal of less than 1% TFAs of dietary energy determined in 2009, and the recent estimate of mean dietary intake of total TFAs in Australia together with ruminant TFAs contributing more than half of the total TFA intake, mandatory labelling does not appear warranted. The Code currently permits the voluntary declaration of TFA content on labels and requires TFA declaration when certain nutrition content and health claims are made.
- Should there be further consideration of mandating TFA declarations on food labels, the costs and benefits of a threshold labelling approach and other approaches would need to be evaluated, including any potential impacts on consumer purchase behaviour, blood cholesterol levels, product formulations and industry costs.
- FSANZ is maintaining a watching brief on the use of manufactured TFAs in the Australian and New Zealand food supply and will periodically consider if there is a need to survey the TFA content of foods. FSANZ also notes that the WHO is conducting a systematic review of the health effects of trans fatty acids, although it is unclear when this will be made publicly available.
- FRSC is seeking agreement from the Forum to make FSANZ's technical evaluation report and its associated supporting documents publicly available on the FSANZ website.

BACKGROUND

- In 2009, the Forum (the then Australian and New Zealand Ministerial Council for Food Regulation) agreed to a comprehensive independent review of food labelling law and policy. An expert panel, chaired by Dr Neal Blewett, undertook the review and the panel's final report Labelling Logic was publicly released in January 2011.
- The Forum also asked FSANZ to consider Recommendation 13 in association with two other recommendations (Recommendations 12 and 14) related to declarations in the nutrition information panel and ingredient listing. However, FSANZ has considered each recommendation separately due to the diverse nature of the specific issues involved.
- FSANZ was asked to provide technical evaluation and provide advice to assist the Forum to fully consider the expected benefits and cumulative impacts of possible changes to labelling requirements prior to considering any amendments to the Code. Given the diverse nature of the specific issues involved in each of three recommendations, FSANZ has progressed its technical evaluation of each recommendation separately.

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RESULTS OF CONSULTATIONS WITH JURISDICTIONS

- The Intergovernmental Advisory Group established by FSANZ, consisting of representatives from jurisdictions in Australia and New Zealand, the Department of Health and the Department of Agriculture, was consulted on the work undertaken for Recommendation 13.
- The ISFR endorsed the analytical report (SD1 to Attachment 1) at its meeting in August 2014.
- FRSC has considered this matter.

REGULATION IMPACT ASSESSMENT

Not applicable.

COMPLIANCE WITH THE POLICY GUIDELINES DEVELOPMENT DOCUMENT

Not applicable.

ATTACHMENTS

Attachment 1: FSANZ Technical Evaluation for Labelling Review Recommendation 13:
Mandatory declaration of trans fatty acids in the nutrition information panel

Place this section at the end of the last page

Contact Officer:

Position:

Phone No.:

Email:

Date:

Unauthorised release of meeting papers could cause damage to relations between the Commonwealth, the States and Territories and/or New Zealand

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[REDACTED]

[REDACTED]

[REDACTED]

Please note that meeting folders will be delivered to Ministers offices on Monday 22 December 2014 - please let us know if that is a problem.

Included with the folder will be a USB stick that contains the attachments for Item 3.2 - Mandatory Declaration of Trans Fatty Acids [REDACTED].
As these documents are quite large we have not included printed copies in the folders.

Regards

[REDACTED]
Director, Food Regulation Secretariat
Chronic Disease & Food Policy Branch
Population Health Division
[REDACTED]
Email: foodregulationsecretariat@health.gov.au
[REDACTED]

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Australia and New Zealand Ministerial Forum on Food Regulation (Forum)
Convening as the Australia and New Zealand Food Regulation Ministerial Council (ANZFRMC)

30 January 2015

Agenda Item No.: 3.2

Document No.: Forum1/15.07

Originator: FRSC

MANDATORY DECLARATION OF TRANS FATTY ACIDS – RECOMMENDATION 13

RECOMMENDATIONS

THAT MEMBERS:

1. **NOTE** the technical evaluation on labelling review Recommendation 13 (Mandatory declaration of trans fatty acids in the nutrition information panel) prepared by Food Standards Australia New Zealand (FSANZ) at [Attachment 1](#).
2. **AGREE** to make the technical evaluation ([Attachment 1](#)) and associated attachments available to the public on the FSANZ website.
3. **AGREE** that this work is now complete and that no further work should be undertaken on Recommendation 13.

ACTION REQUIRED

- For discussion and decision.

ISSUES FOR DISCUSSION

- In its report *Labelling Logic: Review of Food Labelling Law and Policy (2011)* (Labelling Logic), the independent review panel recommended that *mandatory declaration of all trans fatty acids above an agreed threshold be introduced in the nutrition information panel if manufactured trans fatty acids have not been phased out of the food supply by January 2013* (Recommendation 13).
- In the Legislative and Governance Forum on Food Regulation's (FoFR's) response to Labelling Logic, FSANZ was asked to provide technical evaluation and advice on Recommendation 13. Specifically, the FoFR noted that industry had already achieved a significant reduction in trans fatty acids (TFAs) and that the level of TFAs in the Australian diet is well below the at-risk level. On that basis, the FoFR questioned whether a deadline for a complete phase out was actually required.
- In response to the FoFR's request for technical evaluation and advice, FSANZ has undertaken the following activities:
 - an analytical survey, coordinated by the Implementation Subcommittee for Food Regulation (ISFR), of the trans fatty acid content of Australian and New Zealand foods
 - an industry survey on initiatives to reduce TFAs in foods

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- two commissioned literature reviews on the health effects of TFAs: a systematic literature review on the relationship between the intake of TFAs and blood cholesterol levels and a narrative review of the relationship between TFA intake and other possible adverse outcomes including cancer and type 2 diabetes
- a comparison of current provisions in the *Australian New Zealand Food Standards Code* (Code) for the declaration of TFA content on food labels and those in the United States of America, Canada, and the European Union
- preliminary consideration of technical issues related to the declaration of TFA content on food labels in Australia and New Zealand, including the threshold approach.
- FSANZ's technical evaluation report is at [Attachment 1](#). The key findings are as follows:
 - While TFAs were detected in most product categories, the median concentrations of TFAs in 500 foods sampled in Australia and New Zealand in 2013 were generally low. Excluding foods likely to contain naturally-occurring ruminant TFAs (e.g. dairy, meat), approximately 86% of the foods had TFA concentrations below 2 g/100 g fat, the limit adopted for manufactured TFAs in Danish legislation in 2003.
 - On the basis that the analytical results did not show an increase in TFA concentrations from previous surveys, dietary intake of TFAs is likely to remain low and below the World Health Organization (WHO) recommended level of 1% dietary energy in both Australia and New Zealand.
 - Recently released data from the Australian 2011–12 National Nutrition and Physical Activity Survey also suggest TFA intake remains low, with the mean intake of all Australians 2 years and above estimated to be 1.4 g/day or 0.6% of dietary energy. Dairy and meat food groups, together with butters and dairy blends, contributed more than half of this intake, showing ruminant TFAs continue to be the major source of TFAs in the Australian diet.
 - Current estimates of the distribution of TFA intakes for age/gender groups across the Australian and New Zealand populations are not available. In 2009, FSANZ estimated the 95th percentile for total TFA intake to be 1.1% and 1.2 % of dietary energy for the Australian (17 years and above) and New Zealand (15 years and above) populations, respectively. Given the continued low level of TFAs in foods and the recent population mean estimate of TFA intake in Australia of 0.6% of dietary energy, it is unlikely there has been a large increase in TFA intakes among those with above average intakes.
 - The 2013 FSANZ industry survey indicates that the survey respondents were generally actively maintaining a low TFA content of their foods. Some respondents were undertaking on-going work to make further reductions in TFAs. It is not possible to extrapolate the findings of the study to the food industry because of the small number of respondents and the convenience sampling approach.
 - The findings from the systematic review, incorporating new evidence published between 2010 and 2014, are consistent with previous research demonstrating a causal relationship between intake of dietary TFAs and detrimental changes in blood cholesterol levels. The review also indicated that any further reduction in

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TFA intakes in Australia and New Zealand may produce only minor improvements in blood cholesterol levels.

- In 2009, FSANZ updated its 2007 review and concluded that several cohort studies showed a direct association with TFA intake and risk of cardiovascular disease. It was also found that other TFA and disease relationships were less well established and required further research before they could be accepted or refuted. The 2014 narrative review did not find any new evidence that would change this conclusion.
- On the basis of its technical evaluation, FSANZ advises that given the low level of TFAs in the foods sampled in Australia and New Zealand, the small number of people with intakes above the WHO goal of less than 1% TFAs of dietary energy determined in 2009, and the recent estimate of mean dietary intake of total TFAs in Australia together with ruminant TFAs contributing more than half of the total TFA intake, mandatory labelling does not appear warranted. The Code currently permits the voluntary declaration of TFA content on labels and requires TFA declaration when certain nutrition content and health claims are made.
- Should there be further consideration of mandating TFA declarations on food labels, the costs and benefits of a threshold labelling approach and other approaches would need to be evaluated, including any potential impacts on consumer purchase behaviour, blood cholesterol levels, product formulations and industry costs.
- FSANZ is maintaining a watching brief on the use of manufactured TFAs in the Australian and New Zealand food supply and will periodically consider if there is a need to survey the TFA content of foods. FSANZ also notes that the WHO is conducting a systematic review of the health effects of trans fatty acids, although it is unclear when this will be made publicly available.
- The Food Regulation Standing Committee (FRSC) is seeking agreement from the Forum to make FSANZ's technical evaluation report and its associated supporting documents publicly available on the FSANZ website.

BACKGROUND

- In 2009, the FoFR agreed to a comprehensive independent review of food labelling law and policy. An expert panel, chaired by Dr Neal Blewett, undertook the review and the panel's final report Labelling Logic was publicly released in January 2011.
- The FoFR also asked FSANZ to consider Recommendation 13 in association with two other recommendations (Recommendations 12 and 14) related to declarations in the nutrition information panel and ingredient listing. However, FSANZ has considered each recommendation separately due to the diverse nature of the specific issues involved.
- FSANZ was asked to provide technical evaluation and provide advice to assist the FoFR to fully consider the expected benefits and cumulative impacts of possible changes to labelling requirements prior to considering any amendments to the Code. Given the diverse nature of the specific issues involved in each of three recommendations, FSANZ has progressed its technical evaluation of each recommendation separately.

Unauthorised release of meeting papers could cause damage to relations between the Commonwealth, the States and Territories and/or New Zealand

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RESULTS OF CONSULTATIONS WITH JURISDICTIONS

- The Intergovernmental Advisory Group established by FSANZ, consisting of representatives from jurisdictions in Australia and New Zealand, the Department of Health and the Department of Agriculture, was consulted on the work undertaken for Recommendation 13.
- The ISFR endorsed the analytical report (Supporting Document 1 to Attachment 1) at its meeting in August 2014.
- FRSC considered and agreed this paper during its meeting on 21 November 2014.

REGULATION IMPACT ASSESSMENT

- Not applicable.

COMPLIANCE WITH THE POLICY GUIDELINES DEVELOPMENT DOCUMENT

- Not applicable.

ATTACHMENT

Attachment 1: FSANZ Technical Evaluation for Labelling Review Recommendation 13: Mandatory declaration of trans fatty acids in the nutrition information panel

N.B. Due to the size of this attachment it is not provided in hard copy. Instead, it is included on the USB memory stick that has been delivered as part of your folder.

Contact Officer: [REDACTED]
Position: Manager, Labelling and Information Standards
Phone No.: [REDACTED]
Email: [REDACTED]
Date: 8 December 2014

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FOI

From: [REDACTED]
Sent: Friday, 27 March 2015 10:54 AM
To: FOI
Subject: FW: Forum1 - 30 Jan 2015 - Agenda Papers - Batch 2 of 8 [SEC=UNCLASSIFIED]
Attachments: Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD 2.pdf; Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD 3.pdf; Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD 1.pdf

From: [REDACTED] **On Behalf Of**
FoodRegulationSecretariat@health.gov.au
Sent: Monday, 15 December 2014 4:53 PM
Subject: Forum1 - 30 Jan 2015 - Agenda Papers - Batch 2 of 8 [SEC=UNCLASSIFIED]

Dear Ministers
cc: FRSC Contacts

Please find attached the second batch of agenda papers for the upcoming meeting of the Australia and New Zealand Ministerial Forum on Food Regulation, scheduled for 30 January 2015 in Auckland.

Included in this batch is: Supporting Documents 1 - 3 to Agenda Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13

Regards

[REDACTED]
Director, Food Regulation Secretariat
Chronic Disease & Food Policy Branch
Population Health Division
[REDACTED]
Email: foodregulationsecretariat@health.gov.au
[REDACTED]

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FOI

From: [REDACTED]
Sent: Friday, 27 March 2015 10:54 AM
To: FOI
Subject: FW: Forum1 - 30 Jan 2015 - Agenda Papers - Batch 3 of 8 [SEC=UNCLASSIFIED]
Attachments: [REDACTED]
[REDACTED]
Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD 4.pdf; Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD4 - App 1.pdf; Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 - SD 4 - App 2.pdf; [REDACTED]
[REDACTED]

From: [REDACTED] **On Behalf Of**
FoodRegulationSecretariat@health.gov.au
Sent: Monday, 15 December 2014 4:53 PM
Subject: Forum1 - 30 Jan 2015 - Agenda Papers - Batch 3 of 8 [SEC=UNCLASSIFIED]

Dear Ministers
cc: FRSC Contacts

Please find attached the third batch of agenda papers for the upcoming meeting of the Australia and New Zealand Ministerial Forum on Food Regulation, scheduled for 30 January 2015 in Auckland.

Included in this batch are the following items:
Item 3.2 - Mandatory Declaration of Trans Fatty Acids - Recommendation 13 (Supporting Document 4 and its 2 Annexes)

[REDACTED]

Regards

[REDACTED]
Director, Food Regulation Secretariat
Chronic Disease & Food Policy Branch
Population Health Division
[REDACTED]
Email: foodregulationsecretariat@health.gov.au
[REDACTED]

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FOI

From: [REDACTED]
Sent: Wednesday, 1 April 2015 12:19 PM
To: FOI
Subject: FW: Trans fatty acids - Labelling Review 13 for Forum Meeting [SEC=UNCLASSIFIED]
Attachments: LR 13 Talking points - TFAs FINAL.docx

From: [REDACTED]
Sent: Tuesday, 27 January 2015 2:10 PM
To: [REDACTED]
Cc: [REDACTED]
Subject: Trans fatty acids - Labelling Review 13 for Forum Meeting [SEC=UNCLASSIFIED]

Hello [REDACTED]

[REDACTED] asked me to send through our talking points on Labelling Review Recommendation 13 on TFAs – please see the attached draft. I will let you know if there are any significant changes following final clearance.

Please let me know if you have any queries – [REDACTED] is on leave this week.

Kind regards

[REDACTED]
SENIOR PROJECT MANAGER
LABELLING AND INFORMATION STANDARDS

154 Featherston Street, Wellington, New Zealand
PO Box 10559, The Terrace Wellington 6036, New Zealand

[REDACTED]
www.foodstandards.govt.nz



*A safe food supply which supports the health
of people in Australia and New Zealand*

Trans fatty acids – talking points

Issue:

Expected media interest in levels of trans fatty acids (TFAs) in foods following release of the technical evaluation on the mandatory declaration of TFAs by the Legislative and Governance Forum on Food Regulation, FSANZ's review and associated surveys.

Key talking points:

- Food Standards Australia New Zealand has conducted a review of trans fatty acids (TFAs). The review included a survey which found that the levels of TFAs in food were generally low.
- The survey was conducted through the Implementation Subcommittee for Food Regulation, which is made up of representatives from food regulation authorities across Australia and New Zealand.
- The survey results are consistent with previous survey results. Dietary modelling on those surveys found that Australians obtain on average 0.5 per cent of their dietary energy intake from TFAs and New Zealanders on average 0.6 per cent.
- This is well below the World Health Organization (WHO) recommendation of no more than 1 per cent of dietary energy. It is also below the levels in many other countries.
- About half of our intake of TFAs comes from naturally occurring TFAs in dairy and meat products.
- FSANZ's review has informed its advice to ministers responsible for food regulation on the proposed mandatory declaration of TFAs. Ministers sought the advice following a recommendation from an independent review of food labelling.
- Based on its review, which also included an extensive look at the latest evidence on TFAs and their effects on health, and a survey of industry measures to reduce TFAs in food, FSANZ's advice is that current labelling requirements be maintained.
- The Food Standards Code currently requires the TFA content of foods to be declared in the nutrition information panel (NIP) if claims are made on the label about cholesterol or specific fatty acids.
- Manufacturers can also choose to provide information on the TFA content in the NIP voluntarily, in the absence of claims.
- FSANZ will continue to keep a watching brief on the use of manufactured TFAs in the Australian and New Zealand food supply.
- A systematic review on the health effects of TFAs is being prepared by the WHO. The review is due to be publicly released in 2015. FSANZ will review the WHO report to consider if there are any implications for Australia and New Zealand.

Background

- Ministers responsible for food regulation made a decision not to require labelling of trans fats following a review of TFAs by FSANZ in 2007. The results of the 2007 survey were confirmed in a 2009 survey which showed intakes had dropped slightly from 2007, reflecting changes in industry practice to reduce TFA concentrations in foods manufactured in New Zealand and Australia.
- In 2011 an independent review of food labelling recommended that: *mandatory declaration of all trans fatty acids above an agreed threshold be introduced in the Nutrition Information Panel if manufactured trans fatty acids have not been phased out of the food supply by January 2013.*
- Ministers responsible for food regulation asked FSANZ to undertake a technical evaluation and provide advice on this recommendation.

Survey and supporting work

- There were three parts to FSANZ's review of TFAs:
 - a survey on levels of TFAs in the food supply
 - an industry survey to review the progress of voluntary initiatives by industry to reduce TFAs in food
 - a review of the scientific evidence on the health effects of TFAs.

ISFR survey findings

- The concentration of TFAs in foods sampled across Australia and New Zealand was generally low.
- When products high in ruminant (naturally occurring) TFAs are excluded, about 86% of the samples had TFA concentrations below 2 g/100 g fat, the limit adopted for manufactured TFAs in Danish legislation in 2003.
- As the results did not show an increase in TFA concentrations in Australia or New Zealand from previous surveys, revised dietary modelling was not conducted.
- The continued low level of TFAs in foods is consistent with previous findings which found Australians obtain on average 0.5 per cent of their dietary energy intake from TFAs and New Zealanders on average 0.6 per cent. This is well below the WHO goal of 1% of dietary energy.

Industry survey findings

- The 2013 FSANZ industry survey indicates that industry is generally actively maintaining a low TFA content of their foods.
- Some respondents were undertaking ongoing work to make further reductions in TFAs.

Narrative review and systematic review findings

- The systematic review looked at the evidence for a relationship between TFAs and blood cholesterol and the implications in the Australian and New Zealand context.

- The review found that there appears to be little risk associated with the low level of TFA intakes reported in Australia and New Zealand in 2009.
- It also found any further reduction in TFA intakes in Australia and New Zealand may produce only minor improvements in blood cholesterol levels.

Narrative

- Dietary TFA intake is positively associated with risk of coronary heart disease and cardiovascular disease.
- The narrative review evaluated the recent evidence around TFA intake and associations with other chronic diseases including cancer and type 2 diabetes.
- It indicated that there were no clear connections between TFA intake and other adverse health effects.

Advice for consumers

- Research shows there has been little change in TFA consumption over the past five years and that intake in Australia and New Zealand is well below the WHO goal.
- If consumers want to reduce their TFA intake, they can follow healthy eating guidelines and choose to consume less processed foods such as cakes and biscuits, which may be high in manufactured TFAs.
- About half of our TFA intake comes from consuming animal products.



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www.health.gov.au/foodsecretariat

Ms Philippa Smith AM
Chairperson, Food Standards Australia New Zealand Board
PO Box 7186
CANBERRA BC ACT 2610

Dear Ms Smith

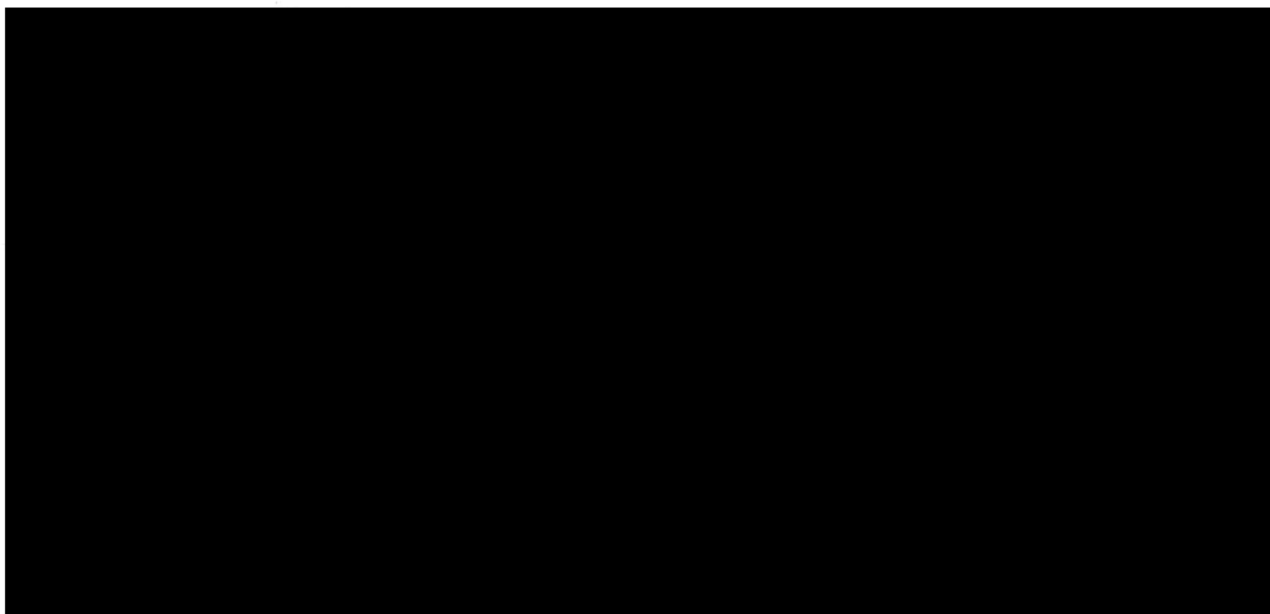
I am writing to advise you of decisions relating to Food Standards Australia New Zealand (the Authority), that were made at the meeting of the Australia and New Zealand Ministerial Forum on Food Regulation (convening as the Australia and New Zealand Food Regulation Ministerial Council) (the Forum) on 30 January 2015.

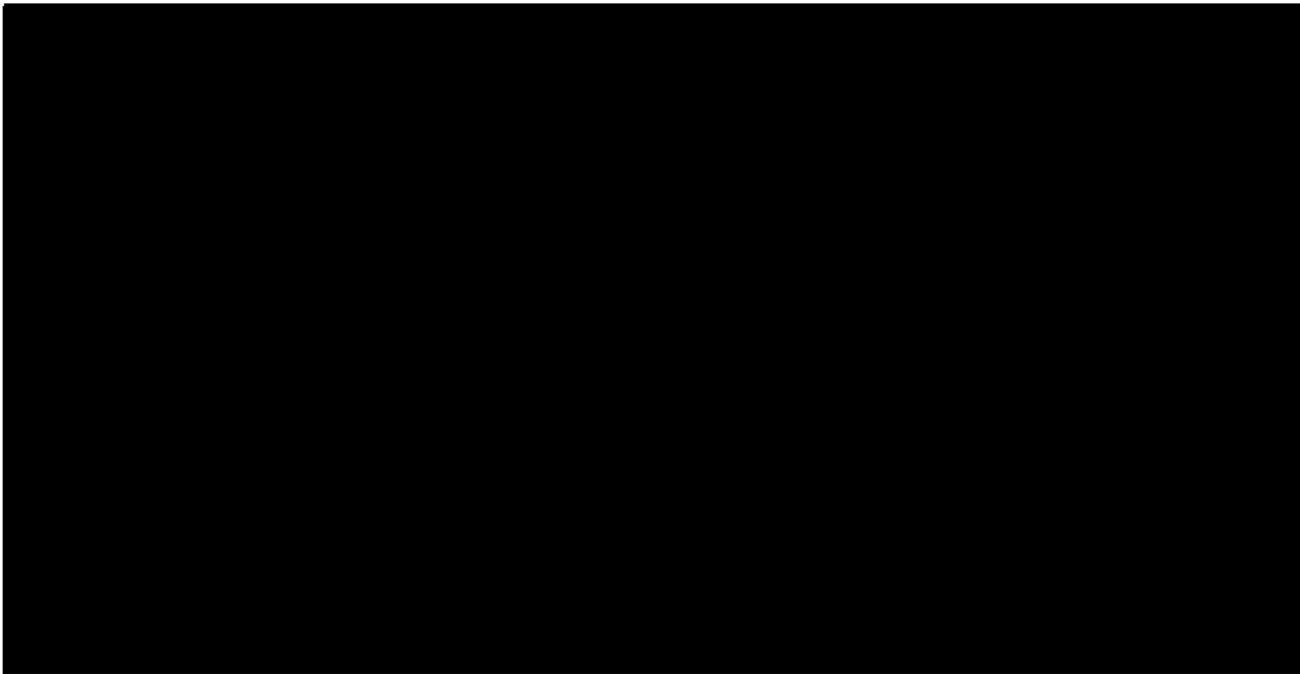
Mandatory Declaration of Trans Fatty Acids - Recommendation 13

The Forum noted the technical evaluation on labelling review Recommendation 13 (Mandatory declaration of trans fatty acids in the nutrition information panel) prepared by Food Standards Australia New Zealand (FSANZ).

The Forum agreed to make the technical evaluation and associated attachments available to the public on the FSANZ website.

The Forum noted that FSANZ will continue to maintain a watching brief on TFAs and agreed that a report, including an assessment of TFAs in imported oils, is to be provided back to the Forum in early 2017.





Kind Regards



Director, Food Regulation Secretariat
12 February 2015

cc Mr Steve McCutcheon, CEO, FSANZ