



The Dutch Task Force for the Improvement of the Fatty Acid Composition

Self-regulatory initiative to improve the fatty acid composition in food products

The aim of this information

This information has been prepared by the Dutch Task Force for the Improvement of the Fatty Acid Composition. This is a joint venture between Dutch suppliers and purchasers of vegetable oils and fats. The Ministry of Health, Welfare and Sport and the Netherlands Nutrition Centre are represented in the Task Force as observers. This factsheet describes the activities of the Dutch Task Force and contains self-collected monitoring data on the fatty acid composition of Dutch food products till the end of 2008.



Goal of the Task Force

Since 2005 the Task Force has been working on improving the fatty acid composition of food products containing vegetable oils and fats. The object is to reduce the quantity of trans fatty acids and saturated fat in Dutch food products for the benefit of public health. The target is to achieve a maximum of 1 percent of the total energy intake for trans fatty acids and 10 percent for saturated fat by 2010. The Task Force aims to do this by:

1. stimulating product innovations,
2. providing information on products with a favourable fatty acid composition,
3. monitoring the results annually.

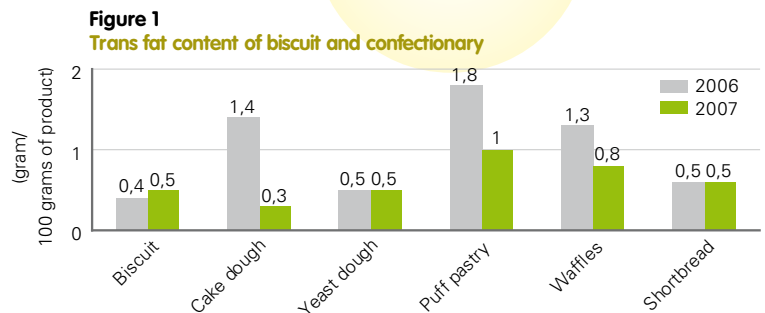
Main results

Between 2005 and 2008, saturated fat and trans fat content was reduced considerably in the main sectors that use vegetable oils and fats as ingredients in their products. For example, bakery products and snacks often contain no more than 1 gram of trans fatty acids per 100 grams of product, the saturated fat content in chips has decreased further, and liquid frying fats with a good fatty acid composition are being sold increasingly in the hospitality and supermarket sectors.

Self-collected monitoring data on fatty acid composition per food sector

Industrial bakery sector

In 2008, the trans fat content of almost all products made using vegetable oils and fats was lower than 1 gram per 100 grams of product (see figure 1). In almost all of these products, the saturated fat content was under 50% of the total fat content. The tendency in recent years therefore points towards an improved fatty acid composition in bakery products.



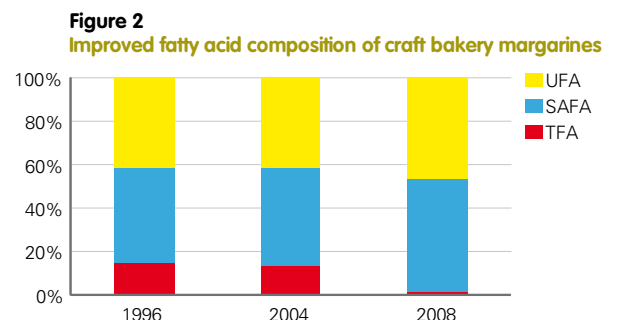
Bakery ingredients

In bread improvement agents, bread mixes and confectionery mixes the quantity of trans fat and saturated fat appears to have been substantially reduced between 2003 and 2007. In 2005 the average trans fat content in these products was 2.3% of the total fat content, and the saturated fat content was 32.1% of the total fat content. **Over the last three years this percentage has been reduced to a trans fat content of 1.9% and a saturated fat content of 29.2%.**

Craft bakery sector

A study of the fatty acid composition of six bakery products in the craft bakery sector that contain vegetable oils and fats (cakes, cream filling, shortbread, croissants, sausage rolls and almond pastries) indicates a low trans fat content. Of the six main bakery products in this sector, cream filling has the highest saturated fat content and almond pastries have the lowest (2008).

The trans fat content in craft bakery margarines (made from vegetable oils and fats) **has dropped sharply to 1 gram per 100 grams in 2008** (see figure 2). The saturated fat content is slightly higher than in 2004, at 41 grams per 100 grams.



Liquid margarines and frying fats

Since the foundation of the Task Force in 2005, the proportion of liquid margarines and frying fats with a good fatty acid composition has risen substantially in the various market channels. 85% of the frying fats sold in the supermarkets are now liquid (as opposed to 72% in 2004), and 76% of the total volume of frying fats used in the hospitality sector is liquid. The proportion of liquid margarine and liquid cooking fat also rose to 41% in 2008 (from 25% in 2004).

Partly due to the Healthy Frying campaign, the proportion of liquid frying fats in the Dutch hospitality sector has recently experienced a further rise, from 70% in 2007 to 76% in 2008.

Healthy Frying campaign

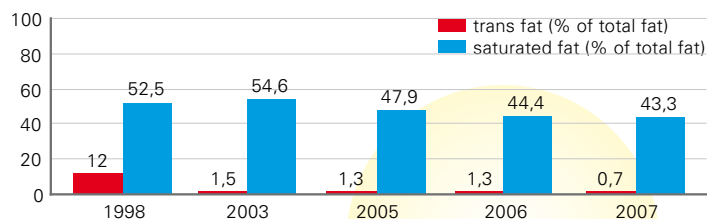
This campaign in the fast food sector in the Netherlands is aimed at encouraging the use of liquid frying fats with a good fatty acid composition. The campaign has been running since 2004 at the initiative of the Education Bureau Margarines, Fats and Oils (MVO) and Dutch Royal Hospitality Industry (KHN), the interbranch organization for the hospitality sector.
www.friturenindehoreca.nl



Potato processing industry

Following the considerable reduction in trans fat content in the nineteen nineties, the potato processing industry has now reduced the saturated fat content as well over the past years. **In 2007 the average saturated fat content was 43% of the total fat content, with the trans fat content at 0.7%** (see figure 3).

Figure 3
Fatty acid composition of potato products



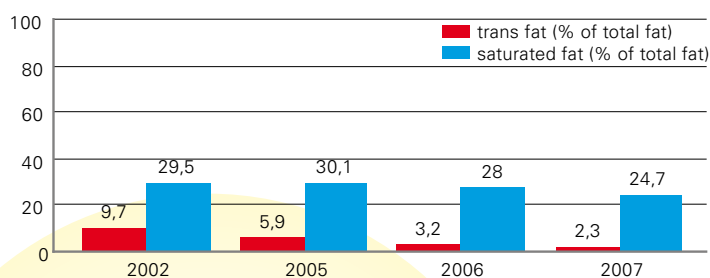
Meat snack industry

The average trans fat content in the **vegetable fats and oils used for the production of meat snacks has dropped sharply from 9.7% in 2002 to 2.3% in 2007 in relation to the total fat content** (see figure 4).

The average saturated fat content in these fats used for meat snacks was also reduced from 29.5% in 2002 to 24.7% in 2007. In addition to these vegetable fats and oils, all meat snacks contain also animal fats. **The total trans fat content in snacks from both vegetable products (vegetable ingredients, frying fat) and animal products (meat, cheese) is below 1 gram per 100 grams in 2008.**

The saturated fat content varies in all snacks between 0,5 gram and 9 gram per 100 grams (2008), which depends on the amount and type of animal products used and on the total fat content of the snack.

Figure 4
Fatty acid composition of fats used for the production of meat snacks



Ambitions up to the end of 2010

Trans fatty acids are becoming increasingly rare in products with vegetable oils and fats. In the case of saturated fats, however, further reductions are still possible. The Task Force will devote its efforts to achieving this.

A selection of activities

- Several sectors are **conducting research into the product characteristics and processing properties** of vegetable oils and fats with a favourable fatty acid composition.
- Hospitality businesses that still use solid frying fat are being targeted.
- In conformity with the Code of Practice for the restriction of trans fat in solid deep-frying fats, the fast food industry **will further reduce the trans fat content in solid deep-frying fats.**
- Businesses are being encouraged to communicate their **innovations in the field of improved fatty acid composition to consumers**, to the (trade) press and via the website www.factsonfats.nl.
- Since 2009 the Task Force has worked with the Dutch Food Retail Association (CBL).
- In mid-2010, the Task Force will draw up a final report incorporating all the results over the last five years.



The members of the Task Force

AKSV (The General Association of Producers of Cooked products and Meat Snacks)

AKSV is the interbranch organization for Dutch industrial manufacturers of convenience food products (meat snacks, ready-made refrigerated meals, salads, soups, filled rolls, sandwiches, etc.). By means of mailings, members' meetings, committee meetings and annual monitoring, these businesses are being encouraged to reduce levels of trans fat and saturated fat in their products. AKSV has been actively involved in the Task Force since the beginning (2003).

Contact: www.aksv.nl

KHN (Dutch Royal Hospitality Industry)

KHN is the interbranch organization for the hospitality sector in The Netherlands and has around 20,500 members. KHN has been involved with the Task Force from the beginning (2003). Since 2004 the organization has run the Healthy Frying campaign together with the Education Bureau MVO (www.voorlichtingmvo.nl).

Contact: www.horeca.org

NBOV (Dutch Association for Craft Bakery Sector)

The NBOV represents 1400 craft bakers and confectioners. The NBOV officially joined the Task Force in January 2008. In the first year the organization was occupied primarily with communicating information on fats to its members and conducting an original survey.

Contact: www.nbov.nl

NEBAFA (Dutch Association of Bakery Ingredients industry)

NEBAFA represents businesses that supply ingredients to craft and industrial bakeries. NEBAFA focuses its efforts on the further improvement of the fatty acid composition of bread ingredients, bread mixes and confectionery mixes. This is done through monitoring, research, communication with its members and cooperation with members of the Task Force, among other things. NEBAFA officially joined the Task Force in January 2008.

Contact: www.nebafa.nl

MVO (Product Board for Margarine, Fats and Oils) and BNMF (Dutch Margarine Producers Association)

MVO represents the entire chain of vegetable oils and fats, including the manufacturers of consumer margarine, frying fat, bakery margarine, and fats and oils for use in food products. BNMF represents the manufacturers of margarine, low-fat margarine and cooking fat.

MVO is the initiator of the Task Force and takes care of the secretariat. Together with KHN, MVO runs the Healthy Frying campaign, the object of which is to stimulate the use of liquid frying fat in the hospitality sector (www.friturenindehoreca.nl). The organization also provides information on fats aimed towards the food industry (www.factsonfats.nl). Consumer information on fats is provided by the Education Bureau MVO (www.voorlichtingmvo.nl) and is financed by MVO and BNMF.

Contact MVO: www.mvo.nl; **BNMF:** www.bnmf.nl

VAVI (Association for the Potato Processing Industry)

VAVI is the interbranch organization for Dutch businesses that produce pre-cooked, refrigerated and deep-frozen potato products. The VAVI has been affiliated with the Task Force since 2003. The VAVI has sponsored the Healthy Frying campaign for many years. It is also occupied with activities such as conducting research and communicating recommendations on the use of better frying fats or reducing fat in home cooking, partly via information on the packaging.

Contact: www.vavi.nl

VBZ (Netherlands Association for the baking and sweets industry) and NVB (Netherlands Association for the Baking Industry)

Together these two bakery associations represent the industrial bakery sector. Bakery products and sweets include all products in the product groups confectionery, biscuits, chocolate, sweets, and associated products such as dry savoury snacks, crisps, all kinds of nuts, etc. The NVB represents medium-sized and large bakeries in the Netherlands. VBZ and NVB have been actively involved in the Task Force since the beginning (2003). The most important activities of VBZ/NVB aimed at encouraging their members to improve fatty acid composition are active communication and the availability of practical aids such as the technological study 'Healthy fats in the bakery'.

Contact VBZ: www.vbz.nl; **NVB:** www.nvbweb.nl



For more information:

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