

FDA mandates elimination of trans fats

By Sabrina Tavernise, New York Times

WASHINGTON – The Food and Drug Administration on Tuesday gave the food industry three years to eliminate artery-clogging, artificial trans fats from the food supply, a step that health experts said would save thousands of lives a year.

Trans fats – a major contributor to heart disease in the United States – have already been substantially reduced in foods, but they still lurk in many popular products, including frostings, microwave popcorn, packaged pies, frozen pizzas, margarines and coffee creamers.

The FDA first announced its plans to ban the substance in 2013, and its announcement on Tuesday was its final ruling. Companies will have three years to comply. The agency has estimated that banning trans fats completely could prevent 20,000 heart attacks and 7,000 deaths from heart disease each year.

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