Path to Phasing out Industrially-Produced Trans Fats from Bakery and Confectionery Foods

A Manufacturer’s Guide for iTFA Replacement
GUIDE FOR ITFA REPLACEMENT

A practical guide compiled to help food manufacturers around the world begin their journey toward iTFA elimination

WITH CONTRIBUTIONS FROM

ifba INTERNATIONAL FOOD & BEVERAGE ALLIANCE
AOCS Your Global Fats and Oils Connection
Cargill
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Since 2008, the International Food & Beverage Alliance (IFBA) has convened leading global food and non-alcoholic beverage companies to empower consumers to eat balanced diets and live healthier lives.
Founded in 1909, the American Oil Chemists Society (AOCS) is an international scientific society with more than 4,500 members in over 90 countries. AOCS offers a forum for exchange of ideas, information, and experience among its members and others who have a professional interest in advancing the science and technology of fats, oils, and related materials.
For more than 155 years, Cargill has helped farmers grow more, connecting them to broader markets. As one of the world's top producers and distributors of agricultural products, Cargill is continuously developing products that give consumers just what they're seeking, advancing nutrition, food safety and sustainability.
WHY PHASE OUT ITFA?

Fats and oils are important ingredients in food products around the world. They are:

- Calorie dense
- Source of essential fatty acids
- A useful ingredient that plays a functional role in giving food products texture, structure, and flavor

Scientific evidence has indicated that *industrially produced trans fats* (iTFAs) from partially hydrogenated fats and oils pose a risk of *coronary heart disease*.

- Health officials advocate for reduction in iTFA intake
- Several countries and regions have introduced regulations to limit iTFA content in food
- WHO has initiated an action framework (REPLACE) for the elimination of iTFA from food supplies globally by 2023
IFBA & THE WORLD HEALTH ORGANIZATION

• 2019: IFBA members committed to align with WHO’s recommendation for a maximum iTFA threshold not exceeding 2 g of iTFA per 100 g of fat or oil by 2023

• As part of that commitment, IFBA committed to support other businesses in doing the same by:
  • working in collaboration with governments, health authorities, civil society and food and beverage industry associations
  • sharing best practices and helping guide other companies, particularly Small and Medium Enterprises
GUIDE FOR ITFA REPLACEMENT

• A practical guide compiled to help food manufacturers around the world – particularly SMEs - begin their journey toward itFA elimination and replacement of partially hydrogenated oils (PHOs)

• A technical document that highlights the challenges of oil replacement solutions while keeping public health objectives front and centre

• Focused on bakery and confectionery products
FROM THE GUIDE: STEPS FOR SUCCESSFUL IMPLEMENTATION OF A NON-HPVO SOLUTION

IDENTIFY
Know what you are looking for by identifying:
• Key functionalities,
• Labelling requirements
• Potential cost limitations

TRY
Find the right alternative ingredient:
• Work with your fat supplier
• Try different products

TEST
Test the ingredient and product:
• Pilot-scale testing
• Production-scale trials
• Sensory testing and shelf-life testing

LAUNCH
Launch the product after good outcomes of all previous steps
MOVING TOWARDS A FUTURE FREE FROM iTFA

This guide helps unpack the challenging process of phasing out partially hydrogenated oils while maintaining taste, texture, and structure.

Compiled by experts with a global presence in supplying a variety of fats and oil solutions that do not contain iTFA.

Ultimately, this guide aims to help SMEs in following WHO’s REPLACE roadmap to replace iTFA with healthy fats and oils.

For more information and to download the report, visit www.ifballiance.org
Thank you!

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