



fighting heart disease
and stroke
european heart network

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WHO guidelines on saturated fatty acid and trans fatty acid intake

The European Heart Network welcomes the draft WHO guidelines on saturated fatty acid and trans fatty acid intake for adults and children. This detailed, up-to-date review of the latest evidence by WHO, along with the clear message conveyed by the draft recommendations, is a most welcome contribution to the ongoing commentary about this issue.

The conclusions of EHN's most recent review of the evidence on foods, nutrients and cardiovascular disease are largely consistent with WHO's draft recommendations. Our 2017 policy paper *Transforming European food and drink policies for cardiovascular health* proposed population goals of less than 10% of energy for saturated fatty acids and less than one third of total fat. In the longer term, we advocate for a population goal of not more than 7% of energy from saturated fats. We also recommend that not more than 0.5% of energy should be derived from trans fatty acids, of which none should be from industrially produced trans fats.

We appreciate the clarity of the recommendations and the transparency in relation to the evidence on which these are based. We look forward to national authorities and other stakeholders using these guidelines as a basis for the development and urgent implementation of policies and strategies to reduce intakes of trans fatty acids and limit intakes of saturated fats.