

FDA To Ban Trans Fats

- 1) WASHINGTON -- WASHINGTON (AP) — Heart-**clogging** trans fats have been slowly disappearing from grocery aisles and restaurant menus in the last decade. Now, the Food and Drug Administration is finishing the job.
- 2) The FDA plans to announce later Thursday that it will require the food industry to gradually **phase out** all trans fats, saying they are a threat to people's health. Commissioner Margaret Hamburg said the move could prevent 20,000 heart attacks a year and 7,000 deaths.
- 3) Hamburg said that while the amount of trans fats in the country's diet has declined dramatically in the last decade, they "remain an area of significant public health concern." The trans fats have long been criticized by **nutritionists**, and New York and other local governments have banned them.
- 4) The agency isn't yet setting a timeline for the phase-out, but will collect comments for two months before officials determine how long it will take. Different foods may have different timelines, depending how easy it is to **substitute**.
- 5) "We want to do it in a way that doesn't **unduly disrupt** markets," says Michael Taylor, FDA's deputy commissioner for foods. Still, he says, "industry has demonstrated that it is **by and large feasible** to do."
- 6) To phase them out, the FDA said it had made a **preliminary determination** that trans fats no longer **fall in** the agency's "generally recognized as safe" **category**, which is reserved for thousands of **additives** that manufacturers can add to foods without FDA review. Once trans fats are off the list, anyone who wants to use them would have to **petition** the agency for a regulation allowing it, and that would be unlikely to be approved.
- 7) Trans fat is widely considered the worst kind for your heart, even worse than **saturated fat**, which can also contribute to heart disease. Trans fats are used both in processed food and in restaurants, often to improve the texture, shelf life or flavor of foods. They are created when hydrogen is added to vegetable oil to make it more solid, which is why they are often called partially **hydrogenated oils**.
- 8) Scientists say there are no health benefits to trans fats, and they can raise so-called "bad" cholesterol, increasing the risk of heart disease — the leading cause of death in the United States.
- 9) Many companies have already phased out trans fats, prompted by new nutrition labels introduced by FDA in 2006 that list trans fats and an increasing number of local laws that have banned them.
- 10) Though they have been removed from many items, the fats are still found in processed foods, including some **microwave** popcorns and frozen pizzas, refrigerated **doughs** and ready-to-use frostings. They are also sometimes used by restaurants that use the fats for frying. Many larger chains have phased them out, but smaller restaurants may still get trans fats from suppliers.
- 11) As a result of the local and federal efforts, consumers have slowly eaten fewer of the fats. According to the FDA, trans fat **intake** among American consumers declined from 4.6 grams per day in 2003 to around one gram per day in 2012.
- 12) FDA officials say they have been working on trans fat issues for around 15 years — the first goal was to label them — and have been collecting data to justify a possible phase out since just after President Barack Obama came into office in 2009.
- 13) The **advocacy** group Center for Science in the Public Interest first petitioned FDA to ban trans fats nine years ago. The group's director, Michael Jacobson, says the move is "one of the most important lifesaving actions the FDA could take."
- 14) He says the agency should try and move quickly as it determines a timeline.
- 15) "Six months or a year should be more than enough time, especially considering that companies have had a decade to figure out what to do," Jacobson said. 【11/07/2013/AP】

clog: 詰まらせる、塞ぐ *phase out*: 段階的に廃止する *nutritionist*: 栄養士 *substitute*: 代用する *unduly*: 不当に、過度に *disrupt*: 混乱させる、妨害する *by and large*: 全般的に *feasible*: 実現可能な *preliminary*: 予備の、準備の *determination*: 決定、裁定 *fall in ~category*: ~の分類に入る *additive*: 添加物 *petition*: 請願する *saturated fat*: 飽和脂肪 *hydrogenated oil*: 水素化油 *microwave*: 電子レンジ *dough*: 練り粉 *intake*: 摂取(量) *advocacy*: 擁護

☆Ice breaker for active discussion☆

1. Have you ever heard the word trans fat? What is your idea about it?
2. What does FDA stand for and what is its role? Do you have any counterparts of such organization in Japan?
3. We won't be able to taste trans fat but we only know their presence by looking at the labels. How often do you check the label of the food that you are eating or buying?
4. What do you think is the impact of the FDA's decision to ban trans fat to the food industry?
5. What are the most common diseases that cause death nowadays?
6. What are some precautionary measures that we can do to protect ourselves?
7. Make sentences using the following words : heart - clogging, phase out, nutritionist, substitute, unduly, feasible, microwave and intake.

日本では食品でのトランス脂肪酸の含有量の表示義務や使用規制は特にありません。平均的な食生活を送っている日本人のトランス脂肪酸の摂取量は、健康上問題になるレベルではなく、WHOの勧告「1日に摂取する総カロリーの1%未満」も満たしています。数値だけ見ると安心してしまいがちですが、食べるものには気を配っていききたいですね。