

## What Is Trans Fat?

### Trans Fats

**Trans fats** are ingredients found in food, which can be artificial or naturally occurring. Meat and milk products may contain naturally occurring trans fats. Artificial trans fat is made by adding hydrogen to vegetable oil. The liquid then becomes a solid at room temperature. Research has shown that eating trans fats can be linked to cardiovascular disease. In 2015, the FDA determined that the primary source of artificial trans fats, partially hydrogenated oils (PHOs), are not generally regarded as safe (GRAS). PHOs are in many processed foods.

### What Laws Restrict the Use of Trans Fat?

Some state and local governments have established **trans fat restrictions** for restaurants. Though trans fats are not specifically banned by federal law, the FDA has regulatory power to ensure foods are safe for the public, so PHOs are no longer allowed in foods due to FDA regulation. However, compliance with this rule has been extended to 2020 for some foods. The FDA's right to regulate food safety is based on the U.S. Food, Drug and Cosmetic Act.

### Related Capabilities

Food & Beverage