



Trans fats in foods

Trans fats (also known as trans fatty acids) in foods can be either naturally occurring or synthetically manufactured. Naturally occurring trans fats are found in beef, lamb and in dairy products such as butter, cheese and milk but are not naturally present in Seafood. Synthetic trans fats are manufactured when liquid oils are put through a process called hydrogenation. Hydrogenation has historically been used to change the characteristics of the oil to help in the manufacture of different food products.

Young's have been aware of health concerns surrounding trans fats, and in particular the synthetic ones, for some time and we have progressively been re-developing our products to remove all traces of synthetic trans fats. In 2006 we initiated labelling of trans fats as part of the nutrition information that is carried on our packs.

We do believe in giving consumers high quality seafood recipes, which will include wholesome ingredients such as milk and cheese. As a result of this, naturally occurring trans fats will be present and the constituent amount will be fully labelled on pack.

By mid 2007 we are targeting that all Young's branded products will be free from hydrogenated fats and all packs will declare the level of naturally occurring trans fats in the nutritional panel.

The Government recommends eating no more than 5g of trans fats each day.

