

Unilever's Position on Trans Fat



Unilever

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Key messages

- The consumption of trans fats has established adverse effects on heart health.
- Unilever supports the World Health Organization (WHO) view that food manufacturers, retailers and others should remove industrially produced trans fat (iTFA) from the food supply¹.
- By 2012, we had removed trans fats from partially hydrogenated vegetable oils across our portfolio to less than 1 gram per 100 grams of product.
- By 2023, we had fulfilled the global commitment to the WHO REPLACE programme to limit industrially produced trans fatty acids in our foods.

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The key source of industrial trans fats is an oil refinement process called 'partial hydrogenation'. This is a process used to convert liquid vegetable oils into solid fats for greater functionality, stability and shelf life. These fats are called partially hydrogenated vegetable oils (PHVO).

Since the discovery of trans fat's adverse effects in the nineties, a considerable decrease in trans fat intake has been made possible through technological developments that have led to the replacement of PHVO.

We support the WHO view that food manufacturers, retailers and others should remove industrial trans fat from the food supply and welcome that this has been identified as a "best buy" public health intervention by the WHO and the World Economic Forum.

Our Actions

We have been reducing our use of trans fats from PHVO for more than 20 years. By 2012, we had removed trans fats from PHVO across our portfolio to less than 1 gram per 100 grams of product.

By 2023, we fulfilled the global commitment to the WHO REPLACE programme to limit industrially produced trans fatty acids in our foods and to share our technical knowledge. This new commitment was broader, because it includes other industrial sources of trans fat, in addition to trans fats from PHVO.

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