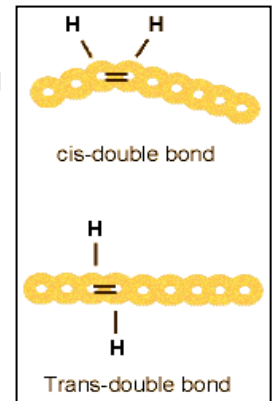




Trans-Fat to be added to Food Label

In July, 2003, the FDA published a final rule that requires the *trans*-fat content of foods be added to the Nutrition Facts panel on the food label. The required information must be added to the Nutrition Facts panel by January 1, 2006 and should appear on the line directly under the saturated fat content.

Trans-fat is an unsaturated fatty acid isomer in which the hydrogen atoms are on opposite sides of the double bond in the fatty acid. Most naturally occurring unsaturated fatty acids contain the *cis*-isomer in which the hydrogen atoms are on the same side of the double bond. *Trans*-fats are primarily produced when unsaturated fatty acids are partially hydrogenated to make them more solid, although ruminant animals also produce small quantities of *trans*-fats.



Over the past decades, research has shown that *trans*-fats cause many of the health problems associated with saturated fats. The good news for the egg industry is that eggs contain only trace amounts of *trans*-fatty acids, well below the 0.5 gram* level established as the quantity necessary to be declared on the food label. However, the food label will have to be modified to indicate that the *trans*-fat content is zero. Please contact the Egg Nutrition Center if you have questions about *trans*-fatty acids.

Based on the available data, rough estimates of the *trans*-fatty acid content of egg products based on the fat content are:

Egg Product	<i>Trans</i> -Fat (g/100g)
Liquid, whole egg	0.11
Liquid, egg white	0.0
Liquid, egg yolk	0.28
Dry, whole egg	0.45
Dry, egg white	0.0
Dry, egg yolk	0.61

* Based on published data: Sadler, Strain and Caballero (Eds.). (1999). Encyclopedia of Human Nutrition, San Diego, CA: Academic Press.

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