

# هيئة التقييس لدول مجلس التعاون لدول الخليج العربية

## GCC STANDARDIZATION ORGANIZATION (GSO)

Final draft

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### **Trans Fatty Acids**

**Prepared by:**

Gulf technical committee for sector standards of

Food and agriculture products

This document is a draft Gulf standard circulated for comments, it is therefore, subject to alteration and modification, and may not be referred as a Gulf standard, until approved by the Board of Directors.

## **Foreword**

GCC Standardization Organization (GSO) is a regional Organization which consists of the National Standards Bodies of GCC member States. One of GSO main functions is to issue Gulf Standards/ Technical regulations through specialized technical committees (TCs).

GSO through the technical program of committee TC No.(5) "Gulf technical committee for sector Standards of Foods and Agricultural products" has prepared the Gulf Standard for " Trans Fats " . The draft Standard has been prepared by Saudi Arabia .

**1.Scope :**

This standard applies to the maximum amount allowed for trans fatty acid and declaring the trans fatty acid on the nutrition label per serving

**2.Complementary references:**

- 2.1 GSO 15 Methods of sampling for edible oils and fats
- 2.2 GSO (...) Methods of determination of trans fatty acids
- 2.3 GSO CAC2 Guidelines on nutritional labeling

**3.Definitions:****Trans fats:**

Are the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated carbon-carbon double bonds in the trans configuration interrupted by at least one methylene group.

**4. General Requirements:**

The following requirement shall be met:

Maximum trans fat content of vegetable oils and soft spreadable margarines is 2% of the total fat, and the trans fat content for all other foods is 5% of the total fat content including ingredients sold to restaurants.

**5. Methods of sampling:**

Sampling should be made according to standard mentioned in GSO 2.1

**6. Methods of Test:**

Determining trans fatty acids content should be made according to standard mentioned in GSO 2.2

**7. Labeling:**

Without prejudice to the requirements specified in Gulf standards mentioned in 2.3 and the following information shall be declared:

**7.1 Net Content:**

The amount of trans fatty acids in a food, including dietary supplements shall be included in the Nutrition Facts and the content is expressed in grams and the percentage of the Daily Value is showed in a column on the right side of the Nutrition Facts table.

## **7.2 Trans Fat Declaration:**

“trans fatty acids” and “trans fat” can be used interchangeably. "trans" is shown indented underneath the "Fat" declaration, in the same section as the "Saturated fatty acid" declaration, and the word "trans" is italicized.

## **7.3. label Exception:**

label declaration of trans fat content information is not required for products that contain less than 0.5 gram of total fat in a 100 g if no claims are made about Cholesterol, Saturated, Monounsaturated, Polyunsaturated or Trans fatty acids.

## **7.4. Trans Fat claims:**

Where a claim that a food product “trans fat free” is made on the label or in an advertisement, the amount of trans fat shall be less than 0.5 gram of total fat in 100g.

**References:**

Food and Drug Regulations (C.R.C., c. 870)

GUIDELINES ON NUTRITION LABELLING. CAC/GL 2- 1985