

Qualitative Fat Intake Task Force

ABOUT THE TASK FORCE

In the past, research focused mainly on the health effects of major classes of dietary fatty acids (i.e. polyunsaturated fatty acids (PUFA), monounsaturated fatty acids (MUFA), saturated fatty acids (SFA), and trans fatty acids (TFA)). However, today more and more research puts the spotlight on the health effects of individual fatty acids within these classes, including specific SFA. The task force will investigate the relevance of the qualitative intake versus the quantitative intake of fats .



WHAT'S NEW?

MEMBER COMPANIES

- Cargill
- Danone
- FrieslandCampina
- Nestlé
- Unilever

ACTIVITY

Update on Health Effects of Different Dietary Saturated Fats

This activity aims to critically analyse the relation between different types and sources of saturated fatty acids (SFA) and their health effects. The activity will be divided in two phases. The first phase of the activity will be series of systematic reviews to analyse the effects of the individual SFA types on traditional and novel markers of cardio-metabolic risk. Then the second phase will evaluate whether the health effects of SFA depends on the food matrix.

The results from this first activity will evaluate the rationale of current fat dietary recommendations. Ultimately, this would provide an evidence-based perspective on future trends for health / risk benefits associated with fats in food sources and in individual fats. This output will be used to improve food quality and this will pave the way forward for future strategies in food policies and the food processing chain in Europe.

All information on this task force is available on our website:
www.ils.eu.

For more information on ILSI Europe's activities, don't forget to follow us on Twitter [@ILSI_Europe](https://twitter.com/ILSI_Europe) and connect with us on [LinkedIn](https://www.linkedin.com/company/ils-europe).

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