Artificial Trans Fat: A Timeline

Key milestones in a 20-year-long campaign to get artificial trans fats out of the food supply

CENTER FOR
Science IN THE
Public Interest

1993

CSPI urges FDA to Label

CSPI first urges FDA to require labeling of trans fat.

1994

CSPI Petition: Nutrition Facts

CSPI formally petitions FDA to require trans fat to be listed on Nutrition Facts labels.

1999

FDA Proposal

FDA proposes that Nutrition Facts labels list trans fat content.

2002

IOM

The Institute of Medicine recommends that people consume as little trans fat as possible.

Denmark Ban

2003

Denmark becomes the first country to virtually eliminate artificial trans fat from foods.

FDA Ruling

FDA finalizes its rule requiring food manufacturers to list trans fat on Nutrition Facts labels by 2006.

McLawsuit

California lawyer Steven Joseph (bantransfat.com) sues McDonald's for quietly reversing its widely publicized switch from partially hydrogenated oils (PHOs) to safer oils. He also threatens to sue Kraft for not disclosing on labels the presence of artificial trans fat in Oreo cookies.

2004

CSPI Petition: PHOs

CSPI petitions FDA to prohibit the use of PHOs and to require restaurants to immediately disclose their use of PHOs.

Broken McPromise

CSPI takes out a full-page ad in the New York Times, slamming McDonald's for "Broken McPromise" on trans fat.

2005

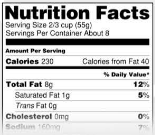
McLawsuit Settlement

McDonald's settles the 2003 California lawsuit, paying $7 million to the American Heart Association for a trans-fat education campaign.

2006

Mandatory Labeling

Trans fat labeling becomes mandatory on Nutrition Facts labels.



Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 160mg	7%

CSPI Lab Tests

CSPI lab tests expose high levels of trans fat in French fries at hospital cafeterias—and in the cafeteria of the USDA headquarters in Washington.

KFC Lawsuit

CSPI sues KFC for not disclosing the use of PHOs for frying chicken, prompting KFC to announce later that year its switch to trans-fat-free cooking oil.

NYC Ban

NYC Board of Health adopts regulation virtually eliminating artificial trans fat in foods sold by the city's restaurants and bakeries. That action was emulated by a dozen other local governments.

Crisco

Reformulation

Crisco reformulates its iconic shortening to have less than one-half gram of trans fat per serving.

2007

Starbucks Reformulation

Starbucks ends its use of artificial trans fat.

Burger King Lawsuit

CSPI files lawsuit against Burger King for not disclosing the use of PHOs in deep fryers, accelerating that company's 2008 change to trans-fat-free oil.

California Ban

California Governor Arnold Schwarzenegger signs legislation phasing out artificial trans fat from California restaurants.

2008

2009

NEJM Study

CSPI–Harvard study published in the New England Journal of Medicine finds food manufacturers

2010

replacing trans fat with healthier fats.

2011

Walmart Reformulation

Walmart requires suppliers to phase out artificial trans fat by 2015.

CDC Study

The Centers for Disease Control and Prevention finds a 58% decline in trans fat in blood between 2000 and 2009.

2012

Big Catch

Long John Silver's announces it will become trans-fat-free by the end of the year, after CSPI called its high-trans "Big Catch" meal the worst restaurant meal in America.

2013

FDA Determination

FDA announces its preliminary determination that PHO is no longer GRAS, or “generally recognized as safe.”

2014

FDA

2015

Final Ruling

FDA declares that PHO is not GRAS; industry has three years for reformulation.

http://cspinet.org/transfat