

Artificial Trans Fat: A Timeline

Key milestones in a 25-year-long campaign to get artificial trans fat out of the food supply

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 Limit Trans Fat

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

2003 FDA Ruling

FDA finalizes its rule requiring Nutrition Facts labels list trans fat by 2006

2008 California Ban

CSPI works with advocates in CA to make it the first state to remove PHOs from restaurants

2006 NYC Ban

CSPI works with New York City to make it the first city to remove PHOs from restaurants



2006 Mandatory Labeling

Trans fat labeling becomes mandatory on Nutrition Facts labels

Nutrition Facts	
Serving Size 1 Bar (60g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 5mg	2%

2009 Product Reformulation

CSPI & Harvard study finds food manufacturers replacing trans fat with healthier fats

2012 CDC Study

Study shows declines in trans fat consumption



2013 Big Catch

Long John Silver's announces it will remove trans fat after CSPI called its Big Catch meal the worst restaurant meal in America



2013 FDA Determination

FDA announces preliminary determination that PHO is no longer "generally recognized as safe" (GRAS)

2015 FDA Final Ruling

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



2018

CSPI's decades of advocacy and research paid off. Artificial trans fat is eliminated in the food supply.



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