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Correspondence: Regulation. Trans fats

US consumers are deceived

Sir: This note refers to your editorial of last month, partly concerned with industrially-generated *trans*-fatty acids. Yes, it's a good thing that in the US, manufacturers of processed foods are obliged by law to state how much *trans* fat they contain. Or it would be, were this so. Actually, all they need to do is reduce it to less than 0.5 grams per serving and they are allowed to claim it's zero. Since the US government recommends that people consume less than 2 grams a day of *trans* fat, this means that means with four servings a day, while consumers may think they have avoided *trans* fat, they are on fact on the limit. Nor does this take into account that the 2 grams figure is 'pragmatic'. It ignores the now general expert agreement that it's best if industrially-generated *trans* fats are eliminated from food supplies. As usual, industry fools or colludes with government, and consumers get taken.

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