

Trans fatty acids in Swedish food baskets

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Market basket surveys have been performed by the National Food Agency with the purpose to obtain information on levels of nutrients and potentially harmful components in commonly consumed food products or food groups. It has been the ambition to conduct these studies at five-year intervals. Fatty acids were included in 2005 and in 2010.

In 2010 food baskets were collected from five Swedish major grocery chains by using a shopping list based on per capita food consumption data derived from production and trade statistics. The food baskets were purchased in Uppsala in May and June 2010. The purchased food baskets contained food items or categories that have a mean consumption of at least 0.5 kg per person and year. This means that approximately 90 % of the so called "direct consumption" is covered by these food baskets. The items in the food baskets were subsequently divided into 12 food groups. Composite samples of each food group were analysed for fatty acids and the supply, or per capita intake was calculated.

Results will be presented that shows that the average intake of trans fatty acids in Sweden is well beneath the WHO recommendation saying that no more than 1 % of the energy intake should come from trans fatty acids.