

**Nutrition Subcommittee Meeting**  
**April 27 – 28, 2004**  
**Total Fat and *Trans* Fat**

**Questions**

Question #1: One eligibility criterion that FDA has applied to most health claim regulations pertaining to heart disease risk is that foods bearing these claims must be low in total fat. What does the current evidence suggest in terms of total fat intake and risk of coronary heart disease?

Question #2: The Dietary Guidelines Committee may suggest that less than 1% of energy should be obtained from *trans* fatty acids (2 g per day for a 2,000 kcal diet). Does the scientific evidence support this level?

Question #3: When compared to saturated fatty acids, are *trans* fatty acids considered to be more, less or similarly adverse with respect to coronary heart disease?