

THE TIMES OF INDIA

Adopt trans-fat-free diet to stay fit, children told

TNN | Nov 13, 2019

Coimbatore: On the occasion of the World Diabetes Day and the Children's Day, both of which fall on November 14, a group of children who attended a special programme conducted by the Food Safety and Standards Authority of India (FSSAI) on Tuesday were taught about the need to stick to a trans-fat-free diet.

Earlier this year, FSSAI had proposed limiting the maximum amount of trans fat content in vegetable oils and vegetable fats to 2% from the earlier limit of 5%. The regulator also plans to make India trans-fat-free by 2022.

Designated food safety officer K Tamilselvan said that FSSAI plans to bring down the compliance to 2% for oils and food items by 2021 and the whole country trans-fat-free by 2022. "Consumption of trans fat causes cardiovascular diseases including hypertension and heart attack," he said. "It is for this reason that we constantly approach schools to ensure that junk food and trans fat foods are not allowed inside and are not served in canteens and cafeterias. We also advice small eateries near schools not to serve snacks containing trans fat and instead serve sprouts, sundal and such healthy snacks."

Addressing the students, Dr Devaprasath, pediatric cardiologist at Sri Ramakrishna Hospitals, explained how cholesterol consumed via food deposits in blood vessels and overtime obstructs blood flow. "This eventually leads to clots that cause stroke and heart attack, often leading to death."

The fast food culture is the reason for obesity among school children, president of the Citizen's Voice Club C M Jayaraman told the students. "Children should adopt healthy food habits like consuming more seasonal fruits, sprouts, vegetables, soups, neera and food items with less or no cholesterol. Adoption of a healthy diet by youngsters will bring back traditional eateries," he added.